



FREE JUNIOR GYM! (AGES 11-17)

Enjoy our FREE junior gym sessions from September through to October 31.

- ARCADIA LIBRARY & LEISURE CENTRE
- MOSS SIDE LEISURE CENTRE
- NORTH CITY FAMILY & FITNESS CENTRE

You will have full exclusive use of the gym at the above centres during certain times. Please reverse side of the flyer to see dates and times!

Simply turn up and take part! Places will be issued on a first come first served basis.

- 🌐 www.MCRactive.com
- 📘 facebook.com/MCRactive
- 🐦 twitter.com/MCRactive

MCRACTIVE FREE JUNIOR TIMETABLE

ARCADIA LIBRARY & LEISURE CENTRE

Wednesday 4pm-5pm, Saturday 1pm-2pm

Available from September - October 31st

Access to upper and lower gym which includes cardio and resistance equipment. Gym Instructor available for guidance with suitable exercises and activity. Limited space available. Places issued on first come first served basis.

MOSS SIDE LEISURE CENTRE

Friday & Saturday 4pm-5pm

Available from September - October 31st

Access to upper and lower gym which includes cardio and resistance equipment. Gym Instructor available for guidance with suitable exercises and activity. Strength and Conditioning gym restricted to those 16 years +. Limited space available. Places issued on first come first served basis.

NORTH CITY FAMILY & FITNESS CENTRE

Thursday 4pm-5pm, Sunday 2pm-3pm

Available from September - October 31st

Access to the gym which includes cardio and resistance equipment. Gym Instructor available for guidance with suitable exercises and activity. Limited space available. Places issued on first come first served basis.