

'Fitness Australia' Qualified



Kids Summer Fitness

Are you wanting your children to have fun and get fitter during the summer holidays?

At Positive Lifestyle Fitness Studio we will be running indoor and outdoor fitness and games days each Tuesday from 1pm till 4pm from 13th July.

Suitable for ages 4-10 and from 11-15.

Costs £15 per day.

**Kids Fitness, kwik cricket
Mini football, ball skills
and much more. Suitable
for boys and girls.**

Limited spaces so please book today!

Call: 0191 2859888 or wayne@positivelifestyletraining.co.uk

All trainers are fully qualified and crb checked.
Studio Address – 2 Salters Road, Gosforth. NE3 1DJ.