



Fitness Classes - Teens

Activity	When	Where	Cost	Contact
<p>Boxercise An exercise class based on the training concepts boxers use to keep fit. 11-15 years.</p>	Thursday 4.30pm-5.30pm	Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY	£4.15. Free for Active Teen Members	(01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre
<p>Cycle Workout – Nailsea A motivating instructor led group class on stationary bikes. 11-16 years.</p>	Tuesday 17:15-18:00	Scotch Horn Leisure Centre, Brockway, Nailsea, BS48 1BZ	£3.55	01275 856965 scotchhorn@legacyleisure.org.uk https://www.leisurecentre.com/scotch-horn-leisure-centre
<p>Cycle Workout – Weston-super-Mare A motivating Instructor led class on stationary bikes. 11-15 years.</p>	Tuesday 5.00pm-5.45pm	Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY	£3.15. Free for Active Teen Members	(01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre
<p>Kettlebells - A resistance based class targeting all muscle groups using 1 piece of equipment. 14-15 years.</p>	Monday 5.00pm-6.00pm	Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY	£4.15. Free for Active Teen Members	(01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre



<p>Trampolining Recreational, fun trampolining classes taken by qualified and experienced coaches. 5-15 years.</p>	<p>Tuesday and Thursday: 4.00pm-4.55pm & 5.00pm-5.55pm & 6.00pm-6.55pm</p>	<p>Hutton Moor Leisure Centre, Hutton Moor Road, Weston-super-Mare, BS22 8LY</p>	<p>£4.15. Free for Family Memberships</p>	<p>(01934) 425900 huttonmoor@legacyleisure.org.uk https://www.leisurecentre.com/hutton-moor-leisure-centre</p>
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