

JUNIOR GYM

AT PENDLETON SPORTS CENTRE!

Staying active is one of the best things that young people can do, regular exercise can boost confidence, improve mood, reduce anxiety and support better sleep.

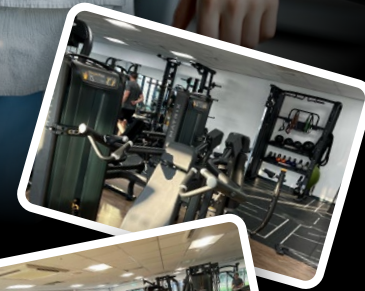
At Pendleton Sports Centre we have dedicated junior gym sessions afterschool and at weekends where juniors aged 11 – 15 can come and use the gym with friends.

We have also recently introduced the opportunity for juniors to come outside of dedicated junior gym hours, but to do this they need to be accompanied by a responsible adult (over the age of 18).

Juniors can access the gym with a membership or pay as you go.

To find out more, contact the team on **01462 341114**
or email enquiries.pendleton@inspireall.com

Etonbury Academy, Stotfold Road, Arlesey SG15 6XS



Pendleton

Sports Centre

 InspireAll

 BEST



InspireAll Leisure & Family Support Services manages these facilities in partnership with Etonbury Academy and BEST - Bedfordshire Schools Trust. InspireAll is a registered charity. Charity no. 1093653