



HUME LEISURE CENTRES **GET ACTIVE GYM PROGRAM**

A class for **12-15 year olds** to work-out in a fun and friendly environment.

Exercising in a group, provides a chance for a child to make new friends and work as a team. and engaging in physical activity is important for a wide variety of reasons. It helps to reduce overweight and obesity, increases strength in muscles and bones and can even improve concentration at school. Exercise is a vital component of any child's development—laying the foundations for a healthy life.

When: Monday

Location: Broadmeadows Aquatic & Leisure Centre

Time: 3.15pm – 4.15pm

When: Wednesday

Location: SPLASH Aquatic and Leisure Centre

Time: 3.45pm – 4.45pm

Cost: \$5 per session

Classes will only run during school terms.