



Teen Bootcamp



Kings Premier Health Club, Kings Road,
St Peter Port, Guernsey GY1 1QF

T: 01481 723366 | E: kids@kings.gg | W: www.kings.gg/kids





TEEN BOOTCAMP

Under the supervision of one of our qualified Personal Trainers, Teen Bootcamp is a 45-minute class structured for teenagers. This class is both effective and enjoyable and will help teenagers to develop their athleticism and confidence.

Our PT's take the responsibility of working with teenagers very seriously. These are the same trainers who deal with our adult clients, so teens (and parents) can be assured that they will be receiving top-class instruction that shows them the safest way to train. The classes will also promote discipline, camaraderie and team work.

Exercise is hugely beneficial in helping to combat stress and anxiety and can help to improve focus and concentration levels. Our Teen Bootcamps offer a truly unique and supportive fitness environment which enables teenagers to keep fit, strong and healthy whilst developing positive attitudes towards health and fitness that will last a lifetime.

SEE THE LATEST TIMETABLE FOR DATES AND PRICES

To register your child, you will need to complete a Kings Child Registration Form and hand it in together with payment in full by cheque / card / cash (cheques to be made payable to Kings Premier Health Club).

All payments should be made through Kings reception only. T&Cs apply.