

# U16's Group Exercise Restrictions

Members and non-members under the age of 16 ARE NOT permitted access to the following activities:

- » Group Cycle
- » Zumba
- » Clubbercise
- » Kettlercise/kettlebells

Members and non-members under the age of 16 ARE permitted access to the following activities as part of their Fit & Active membership or PAYG:

- » POUND
- » PRAMA
- » PRAMA HiIT
- » PRAMA Conditioning (little or no weight)
- » LBT
- » BootCamp/Circuits (little or no weight)
- » Holistic

- This list is not exhaustive.
- Under 16's are not permitted use of the Fitness Suite on a Pay As You Go basis

[www.1610.org.uk](http://www.1610.org.uk)



1610