

ALWAYS RUNNING THE CHILDREN ABOUT
AND NEVER GETTING A CHANCE TO WORKOUT?

ALWAYS LOOKING FOR A BABYSITTER
WHEN YOU WANT TO TRAIN?

IS IT JUST TIME YOU AND YOUR FAMILY
STARTED TO GET A BIT MORE ACTIVE?



COMPASSNORTH

www.compassnorth.co.uk

THEN JOIN
US FOR OUR
FREE 5 WEEK
PROGRAMME



FREE FAMILY FITNESS PROGRAMME

BOOK ONLINE

www.compassnorth.co.uk

info@compassnorth.co.uk

Facebook: Compass North

Or Text: 077 6522 2621

St. Paul's High School, Bessbrook

Sat 7th Nov - Sat 5th Dec

Class Times: 11am, 12noon or 1pm

BRING A WATER BOTTLE, A TOWEL
AND A GOOD ATTITUDE!

Teen/Adult Class: Functional, body weight and weighted movements in a circuit-type class. All exercises can be scaled to suit all fitness levels.

Kids Class (from Nursery up): Children will be divided into age appropriate groups and taught the basics of functional and body weight movements through fun and familiar games.

PLEASE BOOK ASAP TO SECURE A PLACE AS NUMBERS ARE STRICTLY LIMITED

FUNDED BY EXTENDED SCHOOLS