

# THE ARMOURY



## 9<sup>TH</sup> DECEMBER FITNESS SKILLS FOR KIDS

### Open Morning

Bring your little-uns and even your teenagers to join Nicola for a taster session in Fitness Skills. There will be two classes:

- 6-10 year olds from 9:00 to 9:45am
- 11-16 year olds from 10:00 to 10:45am

**Health Benefits  
Galore**

**Agility**

**Team Work**

**Fantastic  
compliment to  
sports**

**Just pure  
FUN!**

### THE ARMOURY

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[armourygy.com](http://armourygy.com)

9<sup>th</sup> December 2017 at 9am