



OVERSTONE PARK

NORTHAMPTONSHIRE

Teen Gym

Teen gym is designed for 12-16 year olds and gives teens the opportunity to work out in the gym using our range of CV and resistance equipment.

£5 per teen session

Participants must be signed in at reception by an accompanying adult member.

Wednesday 4:30pm - 5:30pm

Friday 4:30pm - 5:30pm

Saturday 5:00pm - 6:00pm

Sunday 5:00pm - 6:00pm

