

# SHOKK Gym Activity Programme

Monday					16:30-17:15	17:15-18:45		
					Fusion Fitness Class Mixed Session	SHOKK Gym Age 8-13		
Tuesday					16:30-17:15	17:15-18:45		
					Dance Mats Age 8-16	SHOKK Gym Age 8-16		
Wednesday					16:30-17:15	17:15-18:45		
					Urban Street Dance Age 8-12	SHOKK Gym Age 8-16		
Thursday					16:30-17:15	17:15-18:45		
					Shokk Circuit Age 8-13	SHOKK Gym Age 8-16		
Friday					16:30-18:00		18:00-18:45	
					SHOKK Gym Age 8-13		Dance Mats Age 8-16	
Saturday	09:30-10:15	10:15-11:00	10:15-11:00	11:00-11:45				
	Shokk Circuit Age 8-13	Teen Gym Age 14-16	Urban Street Dance Age 8-16	Dance Mats Age 8-16	<b>Prices:</b> Teen Gym £3.50 (passport price £2 70) All other sessions £1.00 with a <b>MORE</b> card or £3.50 without <b>To book and for more information</b> call: 01924 325020 or email <a href="mailto:dewsbury.sc@kirklees.gov.uk">dewsbury.sc@kirklees.gov.uk</a>			
Sunday	09:30-11:00			11:00-11:45				
	SHOKK Gym Age 8-16			Dance Mats Age 8-16				

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## Class Descriptions

### Dance Mats

A fun energetic class incorporating the latest in Dance mat technology and popular dance choreography. Plus high tech interactive games Including Target and Traverse walls.

### Urban Street Dance

Street dance is a fusion of various dance forms mixing together various elements from many different dances from Old school hip hop popping, locking and break dancing to elements of jazz, contemporary and commercial dance making it into a very fast, physical, funky and exciting form of dance.

### Shokk Circuit

The Shokk circuit sessions combine cardio and resistance stations to create a fun fitness workout. Plus high tech interactive games Including Target and Traverse walls.

### Shokk Revolution

Ride your way to fitness on our specialist junior Spin bikes with interactive games to add that bit of variety.

### Shokk Gym

A supervised strength and fitness drop in session with the Shokk equipment

### Teen Gym

A supervised strength and fitness session with the adult equipment. Strictly 14 years +

\*Each session has a recommended age range; however, all sessions can be attended by anyone 16 or under unless specified in the class description.

Sessions are designed to suit all abilities.

DEWSBURY SPORTS CENTRE



The Youth Activity People

# Junior Shokk Gym Programme



To book and for more information call: 01924 325020 or email [dewsbury.sc@kirklees.gov.uk](mailto:dewsbury.sc@kirklees.gov.uk)