

junior exercise experiences at Virgin Active

Class name	Age
Aqua	12+
Barre	12+
Body Attack	12+
Body Balance™	14+
Body Combat™	12+
Body Jam™	12+
Cardio Tennis	14+
Grid Training HiiT	12+
Group Cycle	14+
Mat Pilates	14+
Outdoor Cardio Tennis	14+
Power Cycle	14+

Class name	Age
Punch Training	14+
RPM™	14+
Tempo Cycle	14+
Yoga - Ashtanga	14+
Yoga - Hatha	14+
Yoga - Vinyasa	14+
Yoga - Yin	14+
Yoga Align	14+
Yoga Calm	14+
Yoga Flow	14+
Zumba®	12+

All juniors must have a parent or guardian to accompany them in the class.