CLUB 13/16
fitness exclusively for teenagers @ Casa Leisure

Casa Leisure - Taking Youth Health & Fitness Seriously

Did you know only 40% of children participate in physical activity or sport in any way?

Casa Leisure is doing their part to increase this percentage by bringing you CLUB 13/16 - an innovative health & fitness program for ALL teenagers, regardless of current fitness levels.

This program is designed to improve teenagers’ health and fitness levels and provide education and motivation in a supervised environment.

What does a typical session include?

Instructors ensure plenty of variety so that students are constantly challenged. We want students to look forward to their workout!

The Workout: Sessions are planned to ensure variety and will include an active warm up, resistance & cardiovascular training, core-strength & abdominal training, active cool down, education & diet and stretching.

Supervision: All CLUB 13/16 sessions are supervised by a qualified and professional instructor to ensure participants growing bones and muscles are protected.

Development: Exercise is widely regarded as a tool that can assist in improving performance at school and assist students to build confidence and social skills.

Fitness Levels: Participants may join to assist in improving sporting performance or simply to enjoy the benefits of feeling fitter and stronger.

The Sessions: Held Monday to Friday after school hours with a maximum of 12 participants per session.

Did you Know?

- Up to 40% of children do not participate in physical activity or sport on any given day.
- Over 25% of Australian children and adolescents are now overweight or obese.
- Children’s fitness has decreased at 0.4% every year since 1980.
- Government Physical Activity Guidelines for 5-18 year olds advocate ‘at least 60 minutes of physical activity everyday’. Many children do not reach these levels between school and home.

* Source - Participation trends of Children and adolescents in sport & play, Heinjus 2006

Some Questions Answered

Q: When are sessions held?
A: Monday to Friday, contact your preferred centre for more details.

Q: How much does Club 13/16 membership cost?
A: Prices start from less than a dollar a day and can be purchased in either 3, 6 or 12 month memberships or alternatively in school term blocks.

Q: Can I try a session before I become a member?
A: Yes, call your preferred centre and one of our trainers will meet you prior to the sessions.

Q: Can I access the gym at other times?
A: You can only use the gym area during Club 13/16 sessions however membership also provides you with access to all group fitness classes.

Q: Do I need to book sessions?
A: You should book sessions in advance at reception to avoid disappointment.

Contact your preferred centre today to speak with a Club 13/16 trainer or Membership Consultant.

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