



Benefits of the SPIN BUS...

As well as providing an effective cardiovascular workout for the children the SPIN BUS also provides a safe, fun & uncompetitive environment where children can exercise to their own level whilst still being part of a group. Whilst being guided by the instructor, each child has control over their chosen resistance level which only they can see meaning they can monitor their progress without comparing their achievements to others if they don't wish to.

The uplifting and age specific music also ensures an engaging session that participants want to return to thus increasing children's activity time.

We have found that the SPIN BUS is a great way of engaging the non-active children

What we offer;



Breakfast clubs – 45 mins



Lunch club – 45 mins



After school clubs – 45 mins

£75 for 12 spaces



Curriculum sessions

60 or 90 minute sessions – various times available on request

£75 - £100

Please email us on info@thespinbus.co.uk for more information

P.T.O.



SPIN BUS nutrition seminars

We are introducing a Nutrition Course made up with 5 x 1hour interactive seminars sessions to help improve children's understanding of general nutrition and also sport specific nutrition

We will cover fundamentals of nutrition including;

Calorie balance

Macro nutrients & why they are ALL important

Timings for improved performance – physical & mental

Hydration

Decision making – how small choices can have a huge impact

Each session will include theory work and interactive elements designed to ensure children understand and can implement practical everyday actions to improve their health & lifestyle

Price on application

Please email us on info@thespinbus.co.uk for more information