



NEW TIMES!

TEENTONE

12-15yrs

MONDAY TO THURSDAY
15.30 - 18.00

FRIDAY
12.30 - CLOSE

SATURDAY
CLOSED

SUNDAY
OPEN - CLOSE

If you're 12-15yrs you can use our Xcite Gyms during Teentone times!

You'll have access to the full range of Cardio Kit @ Xcite*. Expert advice and knowledge is on hand with our fully qualified Fitness Instructors!

An Xcite Start-up must be completed before you can attend Teentone. The Xcite Team will show you how to use the equipment safely and effectively. Xcite Start-up is included in our Junior Membership.

During West Lothian School Holidays, in addition to normal Teentone times, sessions will run:
Monday - Friday from 11.00 - 17.00

* Please note 12-15 year olds will not have access to weights, dumbbells or resistance equipment.

XCITE Fauldhouse

www.westlothianleisure.com T: (01506) 770345

@XciteLeisure

