



# GYM SESSIONS

## What is this about?

Maintain physical fitness and build healthy habits through our comprehensive gym programme suitable for all fitness levels. Whether you're a complete beginner or experienced athlete, our well-equipped facility offers diverse exercise equipment and guided workout sessions tailored to individual goals and abilities. Qualified fitness instructors provide personalised support, proper technique guidance, and motivation to help students achieve their health and fitness objectives safely and effectively. Regular participation builds physical strength, endurance, and confidence while establishing exercise routines that support overall wellbeing and academic performance.

## Location?

Croydon Campus, Gym, Lower Ground Floor

## Day(s) and Timings?

Every Thursday at 1pm to 2pm and/or  
Friday at 12pm to 1pm

**SCAN ME**



**SIGN UP NOW**



Croydon  
College



**COULSDON**  
SIXTH FORM COLLEGE