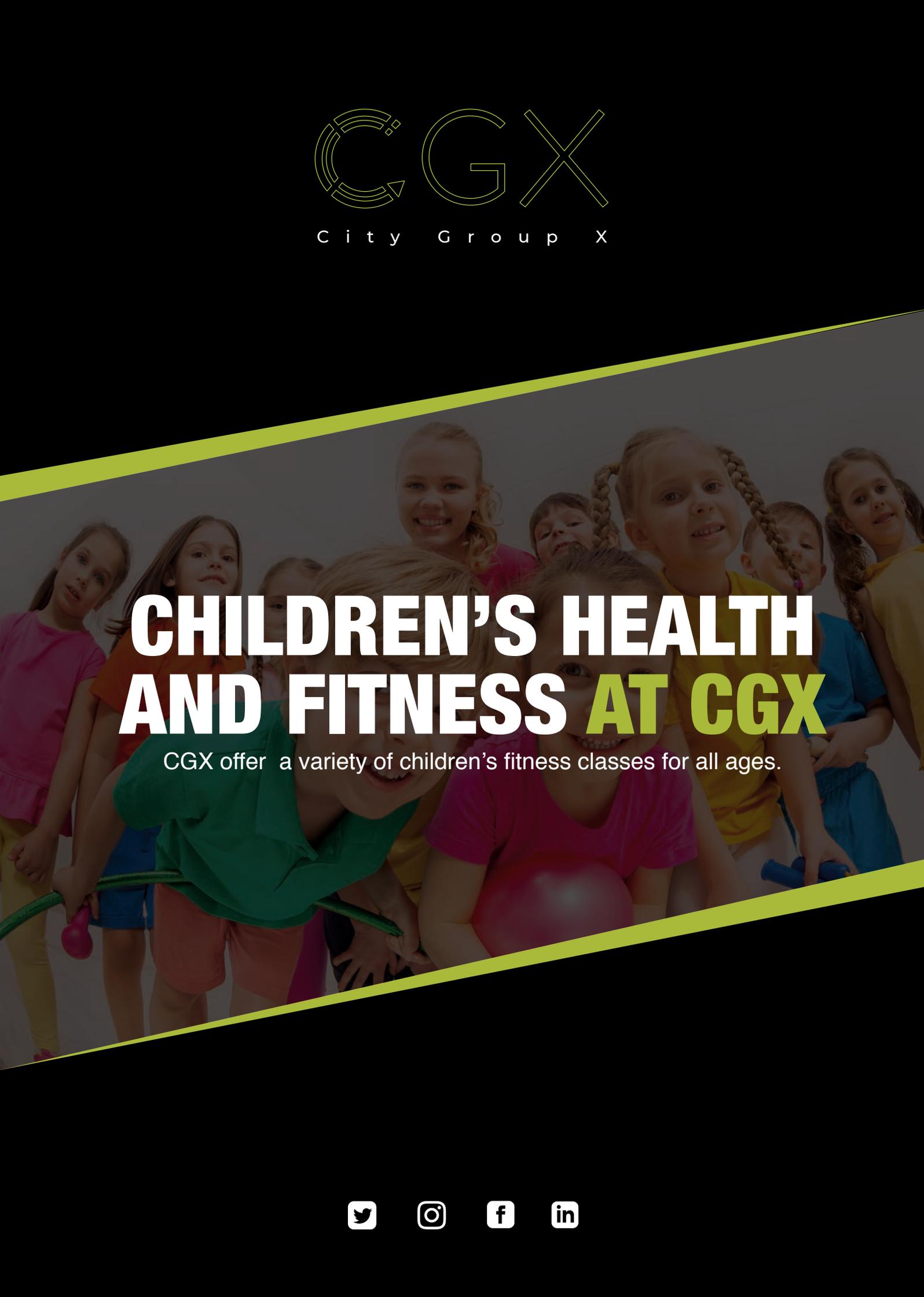




C i t y G r o u p X

A group of diverse children of various ages are smiling and participating in a fitness class. They are wearing colorful athletic wear. Some are holding exercise equipment like resistance bands and a pink ball. The background is a plain, light-colored wall.

CHILDREN'S HEALTH AND FITNESS **AT CGX**

CGX offer a variety of children's fitness classes for all ages.



ABOUT US

Driven. Passionate. Diverse. CGX is a new, creative approach to group fitness. Our vision is to provide communities with a diverse range of authentic, fun and exhilarating group exercise classes in an inclusive, community-focussed boutique fitness environment. Our customers will always remain the focus of our brand meaning that their wellness is forever our main priority. We want every customer to leave feeling special and fully inclined with our visions and values..

Whether you're wanting to be more productive at work, be happier, be more accomplished, lessen stress, build healthier habits, or even meet more people with the same drive to improve, the CGX brand is centered around you and your goals. Because it's such a huge aspect of our lives, we're driven around improving health and wellbeing being in and out of the workplace, through innovative ways to nurture your body and mind..

We offer a broad range of morning, daytime and evening classes that cater for all. Our state of the art group exercise studio and immersive cycle suite are kitted out with the best equipment on the market, in addition to our talented team of rockstar instructors, ensuring you get the best experience from every class.

We boast the world famous Les Mills Programmes, as well as freestyle classes and a range of boutique indoor boot camps to suit all

THE GREEN ROOM

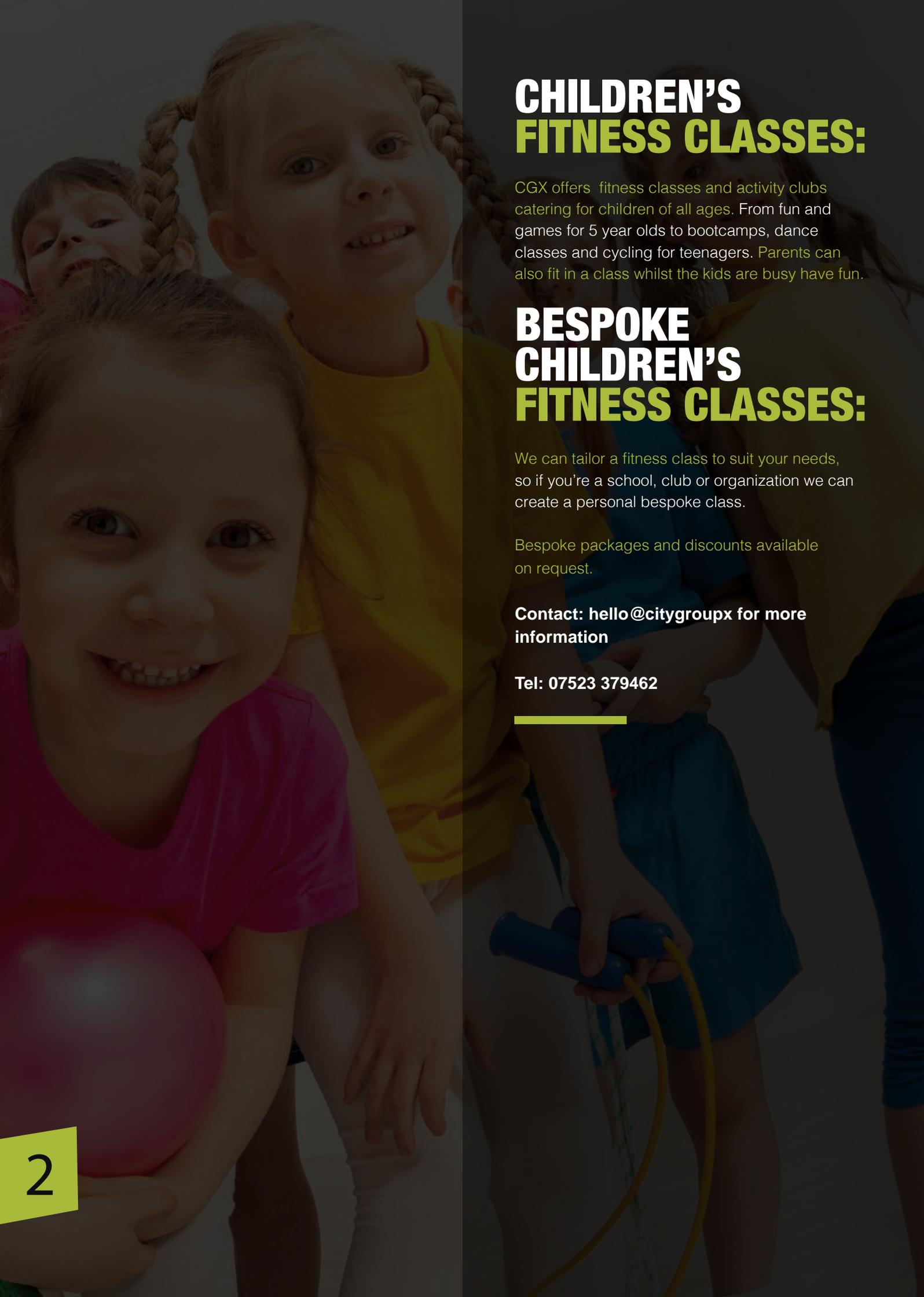
Refuel & Relax at our Showtime Smoothies Bar in the Green Room Finish Your Session Off by Relaxing and Refuelling in Our Small but Inviting "Showtime Smoothies" Bar We are proud to sell LOVETASTE.COM Award Winning Love Smoothies Take your pick from our range of 100% natural fruit and vegetable smoothies, natural shakes and protein shakes

OUR GOALS

Dedicated to making you feel the very best version of you, our highly qualified trainers, otherwise known as our Rockstar instructors will be on hand to push you to your limits, yet offer invaluable support and guidance.

We carry out the most refreshing and unique range of classes Hull has to offer. Worldwide renowned and hugely popular Les Mills classes such as Body Pump, Sh'bam RPM, Sprint and Virtual Classes. Also HIIT and Boutique Bootcamps, Pilates and much more...

ACHIEVE MORE



CHILDREN'S FITNESS CLASSES:

CGX offers fitness classes and activity clubs catering for children of all ages. From fun and games for 5 year olds to bootcamps, dance classes and cycling for teenagers. Parents can also fit in a class whilst the kids are busy have fun.

BESPOKE CHILDREN'S FITNESS CLASSES:

We can tailor a fitness class to suit your needs, so if you're a school, club or organization we can create a personal bespoke class.

Bespoke packages and discounts available on request.

Contact: hello@citygroupx for more information

Tel: 07523 379462

THE EXERCISE BENEFITS FOR CHILDREN

- A physically active child is a healthy child.
- Physical activity strengthens a child's muscles and bones, prevents excessive weight gain, and reduces the risk of diabetes, cancer, and other conditions.
- However, physical activity is also beneficial to the mental health of a child.
- Experts say physical activity allows children to have a better outlook on life by building confidence, managing anxiety and depression, and increasing self-esteem and cognitive skills
- Physical activity, and particularly moderate-to-vigorous physical activity, has a positive effect on reducing future depressive symptoms in middle childhood.
- In addition, increasing physical activity may serve as a complementary method in treating childhood depression.
- Exercise improves mood and behavior in children and lowers chronic disease risks

THE BENEFITS OF THE TRIP FOR CHILDREN WITH BEHAVIOURAL DISORDERS

- Cybercycling improves classroom functioning for children with behavioral disorders.
- Cybercycling involves riding a stationary bike while looking at virtual reality scenery.
- Why cybercycling and not just cycling? Children with behavioral health disorders (BHD) demonstrate low participation in aerobic exercise, and cybercycling is critical because the children find it engaging.
- Many of these children have sensory disorders, social anxiety, and delays in developing motor skills, so it's difficult to make traditional sports and exercise programs attractive to them.
- Cybercycling appeals to them because they can engage in it successfully at their current ability level, and they find video games and virtual reality courses entertaining.

GROUP EXERCISE STUDIO

LES MILLS BODY PUMP

Get lean toned and fit-fast using light to moderate weights with lots of repetition. BODY PUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music

HITT CIRCUITS / BOOTCAMP

The ultimate all-rounder, a carefully structured programme targeted to hit every part of the body with a mix of cardio and strength work delivered by one of our fully qualified "Rockstar" instructors to great music. Every class will be different. Classes will be delivered in different time formats.

LES MILLS SH'BAM

A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can!!!

FREESTYLE CLASSES

We offer a range of unique freestyle classes including pilates, core extreme, tabata, pound and more... so there's always a class to suit all levels and abilities.

IMMERSIVE CYCLE STUDIO

LES MILLS SPRINT

LES MILLS SPRINT is a 30 minute high intensity interval training (HIIT) workout, using an indoor bike to achieve fast results, it's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits.

LES MILLS RPM

RPM is a group indoor cycling workout where you control the intensity. With great music pumping and the ground spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding

LES MILLS VIRTUAL CLASSES

SPRINT, RPM and THE TRIP. Hop on a bike and ride with the instructors on the big screen.

LES MILLS "THE TRIP"

THE TRIP is a fully immersive workout experience that combines a 40 minute multi-peak cycling workout with a journey through digitally created worlds. With its cinema scale screen and sound system, THE TRIP takes motivation and energy output to the next level, burning serious calories.