

# Childrens Activity & FITNESS CLUB

REGISTER  
NOW!

Fun  
Activity  
Program!

Dancing

Games

PASSIONATE  
ABOUT CHILDREN'S  
HEALTH AND FITNESS

Parties



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Live & Virtual Classes Available



# 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 focused non intimidating comfortable & friendly 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 full immersed into our visions and values.

Our vision isn't limited to adults but extends to children too. We are passionate about bringing fitness to children of all ages, abilities and backgrounds. Creating healthy habits in kids will give them the tool to live a happy, healthy life into adulthood.

Children's fitness is not only about their physical wellbeing. Exercise can help reduce symptoms of anxiety and depression in children along with improving concentration, self-confidence and the brains memory and processing abilities.

**STRONG MIND = STRONG BODY AND VICE VERSA**

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# The Green Room



Relax in our healthy snack bar whilst we entertain the kids or treat the kids to a delicious love smoothie.

Made with 100% natural fruit and vegetables, they taste so good they are the perfect way to contribute to their 5 a day!!!!

# Our Goals



- 1 To make fitness fun and inclusive.
- 2 To create healthy habits
- 3 To provide exercise sessions to all children regardless of their abilities and circumstances.
- 4 To provide an inclusive, safe social environment ,enabling children to confidently express themselves.
- 5 To use fitness to improve children's self esteem and concentration along with helping them to build stronger, healthier bodies.

# Children's Fitness & Activity Clubs

CGX offers fitness classes and activity clubs catering for children of all ages delivered by our fully qualified and insured instructors.

We have partnered up with **Les Mills BORN TO MOVE™** to bring an exclusive fitness program designed to cater for children from ages 2 to 16.

As well as **BORN TO MOVE™** classes we offer a varied timetable from fun and games for 5 year olds to bootcamps, dance based classes, cycling for teenagers and kids fitness pilates to educate children of all ages about their body in a fun, age appropriate way.

## School Program

**Les Mills BORN TO MOVE™** is the perfect program to introduce into the school curriculum to keep the children active and focused. The benefits of a full varied Physical activity program will not only help with the physical issues of weight management and low energy levels faced by our children today but also :

- promotes positive mental health
- builds strong bones and muscles
- reduces the likelihood of developing obesity
- decreases long-term risk factors that can lead to chronic diseases
- promotes better quality of sleep

Staying active also impacts academic achievement. It helps to improve concentration, memory, and classroom behavior. Children who meet the guidelines for physical activity perform better academically, have better memory, and are less likely to develop depression, compared to those who spend less time in physical education classes. Studies conducted over the past 40 years suggest that exercise in the classroom may help students stay on task and have a better attention span. Reducing physical education in schools may actually hinder academic performance for developing children. Even occasional aerobic exercise of moderate intensity is helpful, according to research by the Committee on Physical Activity and Physical Education in the School Environment.



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# CGX Kids in the Community

We believe all kids should have access to exercise in a fun safe way regardless of their ability or circumstances.

We are bringing our kids classes out into the community so watch out for news of a class coming near you ...or contact us to discuss bringing Kids Activity sessions to your club or facility.

**EXERCISE IN A  
FUN SAFE WAY**



# LES MILLS BORN TO MOVE™

Children, as the name of the exercise program suggests, are born to move. Just watch them – they don't walk anywhere, they run; they are balls of energy; sitting still is not at the top of their to-do list.

Designed to nurture a life-long love of physical activity, **BORN TO MOVE™** helps children experience the joy and vitality of moving to music.

Each session feeds young people's natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it.

Optimized for core developmental stages, **BORN TO MOVE™** features programming for children aged 2-5 and for those aged 6-16.

“ Physically fit kids had faster reaction times, and their brains showed evidence of more extensive processing during the task. Other brain research suggests that fit kids are better at filtering out task-irrelevant information. ”

*(Hillman et al 2005)  
(Kamijo et al 2015)*

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# 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

“When kids have been challenged with cognitive tasks that require lots of concentration and attentional control, individuals with higher aerobic fitness have performed with more accuracy, and sometimes faster reaction times, too.”

*Moore et al 2013, Wu et al 2011; Voss et al 2011*



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# LES MILLS™ Research

## Research study #1

The overall aim of this first study was to evaluate the effectiveness of the Les Mills **BORN TO MOVE™** program on children's physical activity and physical fitness.

### The Findings:

Results of the study revealed:

The intervention was well received by students; almost all students rated the program as enjoyable.

Exercising to music and the group environment were key features of the program for students.

The intervention had a positive effect on student's self-efficacy to be active.


The energy expended during Les Mills **BORN TO MOVE™** classes was equivalent to moderate intensity exercise.

Almost all students (87%) viewed the classes as a positive challenge.

Almost all students (87%) enjoyed the musical component and the group environment.

POSITIVE  
ATTITUDES  
TOWARDS  
EXERCISE

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A further study was conducted which also asked the parents to complete a survey on their impressions of the **BORN TO MOVE™** program and their perceived impact of the classes upon their children.

## Outcomes of Parents' Survey

Parents' feedback around **BORN TO MOVE™** was extremely positive. One hundred per cent of parents surveyed stated that they would continue to send their children to classes and that they would recommend the program to other parents. Parents had a variety of reasons for wanting their children to take part, but encouraging their child to be healthier in general and develop positive attitudes towards exercise were key drivers for everyone.

Most parents believed that, prior to the start of the **BORN TO MOVE™** trial, their children already possessed: a love of activity; a willingness to try new activities; strong levels of self-confidence (both towards exercise as well as in general). **BORN TO MOVE™** has strengthened these convictions and all of the parents believed that their children enjoyed doing the **BORN TO MOVE™** classes.

## In Conclusion

These studies demonstrate objective shifts in attitude and levels of enjoyment, factors which are critical to both cultivating children's immediate appetite for exercise, and establishing great physical habits for life.



“ And what about ADHD? When researchers tested the effects of short-term exercise on kids diagnosed with ADHD, they found that aerobic activity gave these kids a special boost, altering their brain activity in ways that might enhance self-discipline. ”

*(Pontifex et al 2013)*

“ Does a quick bout of exercise make kids more attentive? In one recent experiment, kids who ordinarily performed poorly on attention tasks improved their accuracy when tested shortly after moderate acute exercise & 20 minutes of walking on a treadmill. ”

*(Drollette et al 2014)*

“ Studies also indicate that fit children tend to have greater brain volume in the hippocampus, a brain region associated with memory, and these kids show signs of enhanced long-term retention. ”

*(Chaddock-Heyman et al 2014)*

“ When we move our body, we move our mind. That might mean moving excess mental energy that would otherwise lead to behavioral issues and disruption, or it might mean moving us out of a state of feeling depressed. ”

*Dr. Christina Hibbert,  
clinical psychologist*

# CGX Kids Parties:

CGX can design a party package to suit your needs, whether it's a **Les Mills BORN TO MOVE™** party, a dance party, a fitness party or just fun and games.

Every party will be planned and delivered by our fully qualified and insured instructors.

All party packages are totally bespoke to you allowing you to give your child the perfect party.

Let CGX take the stress out of organising your party. We can arrange all those important extras to make the party extra special, including: cakes, face painting, photo booths and more with our trusted partners.



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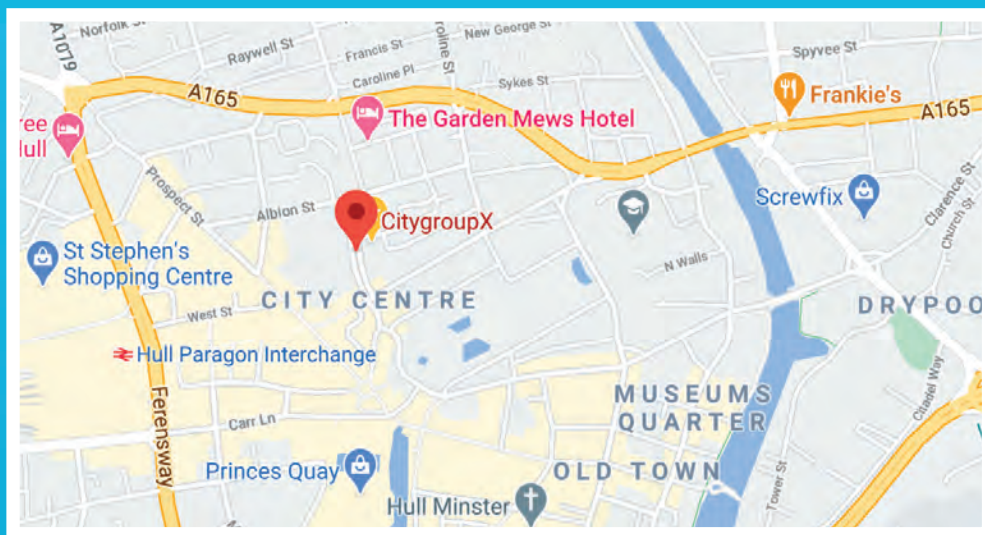
**City Group X staff are fully trained, highly qualified and certified to deliver our programmes to children.**

Staff undergo mandatory training annually including:  
Safeguarding Adults and Children to Level 3 advanced

Information Governance  
Confidentiality  
Health and Safety  
Fire Awareness  
Dignity and Respect  
Mental Capacity Awareness  
Infection Control (including COVID-19 Awareness)  
Basic Life Support (CPR)  
Emergency First Aid

Staff also undergo ongoing CPD in partnership with the global fitness brand **“Les Mills International”**

Staff are DBS checked to enhanced level | City Group X is fully insured and indemnified



K2 Tower, Hull HU1 3EN

