

# KIDS SESSION AT REFLEX

## FREE SESSION VOUCHER

We are so confident you will enjoy our classes and return, we offer you your first class free. Come down and get the feel of the classes, check out the Reflex Centre and meet the instructors, all for free.

You don't need to book just, turn up 10 minutes prior to class start time wearing normal training gear,

The health benefits of regular exercise for kids are amazing:

- Better sleep patterns
- Improved ability to handle the physical and emotional challenges that a typical day presents
- Builds confidence
- Teaches them respect and discipline
- Better attention spans – hence better learning abilities
- Improved reactions and motor skills
- Improved strength, stamina and performance in sports and activities in school

***TAKE ADVANTAGE OF OUR 1 WEEK FREE TRIAL!***

*REFLEX offer kids classes 3 times per week (see [timetable](#)). You are welcome to stay and watch for the first week.*

***Type your name and email and we will email you a free session voucher.***

Name Of Student	Email Address