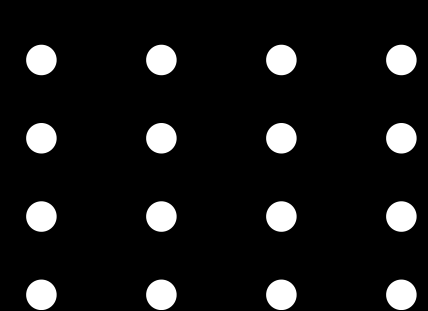


Sport



£62 PER GYMNAST



Frago & Simm

GYMNASTICS EXPERIENCE

WITH CLAUDIA FRAGAPANE & KELLY SIMM

One-of-a-kind sessions delivered by two of Britain's top gymnasts – visiting clubs near you!

WHAT'S INCLUDED IN A 3-HOUR SESSION



WARM-UP WITH KELLY

30-minute pulse raiser & conditioning session to music.



APPARATUS TRAINING (1 HOUR)

Train in smaller groups on apparatus such as:
Vault | Bars | Beam | Floor



Circuits set up by us, work through set routines OR show off your own skills – it's up to you!



DANCE COOL-DOWN WITH CLAUDIA

30 minutes of dynamic stretching and a variety of dance styles to energise and inspire.

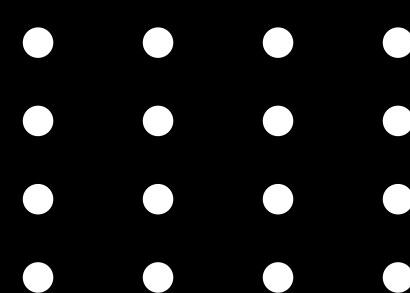


SUITABLE FOR ALL AGES & ABILITIES!

Minimum 20 / Maximum 40 gymnasts per session
We handle all bookings – no admin for your club

Q&A + MEDALS DISPLAY + PHOTOS & AUTOGRAPHS

An unforgettable final hour with opportunities for photos, signings, and a look at real medals. Merchandise available to purchase.



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