

Youth Fitness Classes in Guildford

Advance Sport provides [youth fitness classes in Guildford](#). A strength-and-conditioning program that is specially designed for kids and teenagers and their specific developmental needs and helps them to develop a lifelong love of fitness.

We offer great fitness programs for youth to help them learn about healthy living starting at a young age, improve in their chosen sport, plus teach them appropriate health club and gym etiquette through our Teen Nutrition and Training (TNT) program, Athletic Movement & Performance Training program, or by working one-on-one with a personal trainer.



A well planned fitness classes not only enhances your child's health but also their performance in school and sports. Fitness classes can help to build a positive foundation for youth – they will learn how to move safely using correct body mechanics when they are exercising and this mind/ body connection will help them move better with new found confidence in both sport and their daily life.

Contact Details:

Advance Sport

Advance Sports Engineering,
Merrist Wood College, GU3 3PE
(+44) 01483 270 160

<https://www.advancesport.co.uk/>

