



## RGS – Autumn Term 2025

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Dear Parents,

We are delighted to announce our after-school fitness classes at RGS for the Autumn Term 2025! These sessions are designed to promote physical fitness, develop coordination, and build confidence in a fun and supportive environment.

👉 [www.focus-fitness.co.uk/school-clubs/sign-up/](http://www.focus-fitness.co.uk/school-clubs/sign-up/)

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### Session Details

- Day: Wednesdays
  - Dates: Wednesday, 10th September to Wednesday, 17th December
  - Time: 3:30pm – 4:30pm
  - Sessions: 13
  - Note:
    - No session on Wednesday, 29th October (half term week)
    - No session on Wednesday, 26th November if aligned with INSET days
  - Cost: £8.50 per session
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### Why Join?

Our fitness sessions provide students with the opportunity to develop:

- Physical health



- Teamwork and social skills
- Confidence and self-discipline

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### How to Secure a Place

To register your child, please visit:

👉 [www.focus-fitness.co.uk/school-clubs/sign-up/](http://www.focus-fitness.co.uk/school-clubs/sign-up/)

Spaces are limited, so early booking is highly recommended.

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### Payment Information

If you've set up a Direct Debit, your payment will be processed automatically. If you wish to cancel, please let us know in advance.

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We look forward to seeing your child in class this term. If you have any questions, please get in touch.

Kind regards,  
Team Focus Fitness