

ABOUT COMMANDO JOES'

Commando Joes' fun and fitness classes were the idea of Mike Hamilton, a class 2 & 3 Physical Training Instructor with the British Army for eight years.

After serving abroad he changed career paths and became a teacher trained in a local college teaching physical education, team building and leadership to young people hoping to enter a number of public service organisations.

Mike is SAQ (speed and agility qualified) and has administered a number of Army fitness tests in association with fitness clubs and local media such as the Manchester Evening News and Galaxy Radio. He even warmed up over 5000 competitors for the charity Midnight Walk held at the City of Manchester Stadium in 2007.

Whilst working within military-style fitness organisations with adults who were new to fitness, Mike soon realised that prevention was definitely better than a cure - if you engage with young people early on so that physical training becomes fun, they will maintain good fitness and dietary habits as they become adults.

Commando Joe's fun and fitness classes have been developed using over 10 years of experience in the business of getting people motivated and enjoying themselves - all in a safe and supportive environment where the key to success is enjoyment!

Today's generation of ipod-wearing, play station-gaming young people become engaged in fun, military-style team building and fitness - we hope to see you at one of our classes soon!

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For more information please visit our website at www.commandojoes.co.uk



COMMANDO JOES'

FUN & FITNESS

FREE TRIALS

MILITARY STYLE FITNESS FOR 5-15 YEAR OLDS!

WWW.COMMANDOJOES.CO.UK

COMMANDO JOES'

COMMUNICATION

TEAMWORK

LEADERSHIP

CO-ORDINATION

LISTENING SKILLS

SELF RESPECT

WELL BEING

ALERTNESS

MOTIVATION

SELF CONFIDENCE

FUN & FITNESS

...NO CHILD LEFT BEHIND!

change 4 life

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ABOUT OUR CLASSES

Our classes are specifically designed for each age group and ability. From team-building and problem solving to military-style fitness and obstacles courses, we are committed to making sure that every child is fully engaged through educational activities which are presented in a completely unique and absorbing series of team relays and games. The classes are appropriate for all abilities and levels of fitness.

DID YOU KNOW...

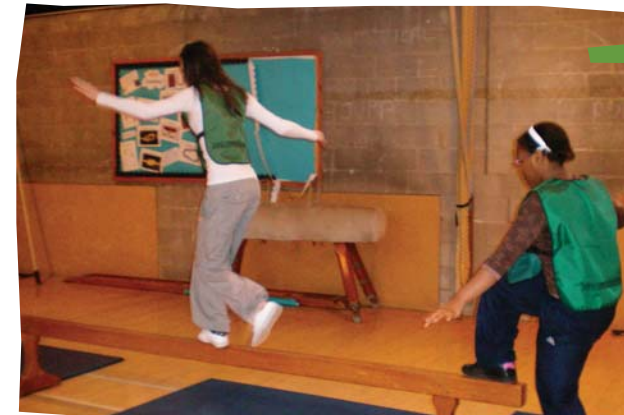
- * that nearly 17% of children in the UK are classified as obese?
- * that in Manchester 23% of children aged 10 are overweight?
- * that a healthy lifestyle, including regular exercise, can help combat joint and movement problems, respiratory difficulties and some forms of diabetes?
- * that regular exercise also improves academic achievement?

WHAT DO WE OFFER?

Commando Joes' specialises in creating bespoke fitness activities for a wide range of organisations - from one-off fun days to a series of classes that gradually builds towards measurable and achievable outcomes for the young people taking part.

Participants are inspired to respect others, develop strong communication skills and increase self confidence.

WHERE AND WHEN



SCHOOLS

A number of schools in East Manchester have committed to Commando Joes' providing sessions to their pupils age 11 to 16 over the next year as part of their National Curriculum for PE.



COMMUNITY CENTRES

Commando Joes' runs group sessions for a wide range of community groups in centres across Manchester.



LOCAL PARKS

Hourly sessions are available for young people at a choice of local parks across Manchester - just turn up! See our website or call the office for further details.