



Training in the park

frequently asked questions



What happens during each session?

We start with a warm up consisting of a short, gentle jog followed by a dynamic stretching sequence. This leads into a number of upper and lower body resistance exercises, some shuttle runs and boxing, then ply metric exercises to increase power and joint strength. We finish with a cool down jog and sometimes a quick non-competitive game, followed by stretching. There is a heavy focus on core strength.

How will I benefit from circuit training?

This training burns fat and increases lean muscle, giving you the ability to control your weight and become stronger. We work in friendly groups - there is a social aspect not present in most training environments.

Is there much running involved?

Everything can be taken at your own pace. Some walk, some run, some sprint – we encourage people to push to their own limits.

I'm not sure if I'm fit enough to keep up, should I still come?

Each exercise can be carried out a number of ways to accommodate varying levels of strength and stamina - its up to you how hard you work. Our trainers are there to guide and give motivation and encouragement.

How many people are in each group?

To ensure you receive one-on-one attention there is a maximum of 15 people per trainer.

Are all your trainers qualified?

Our trainers are level 3 on the Register of Exercise Professionals - recognised as one of the highest qualification levels in their field.

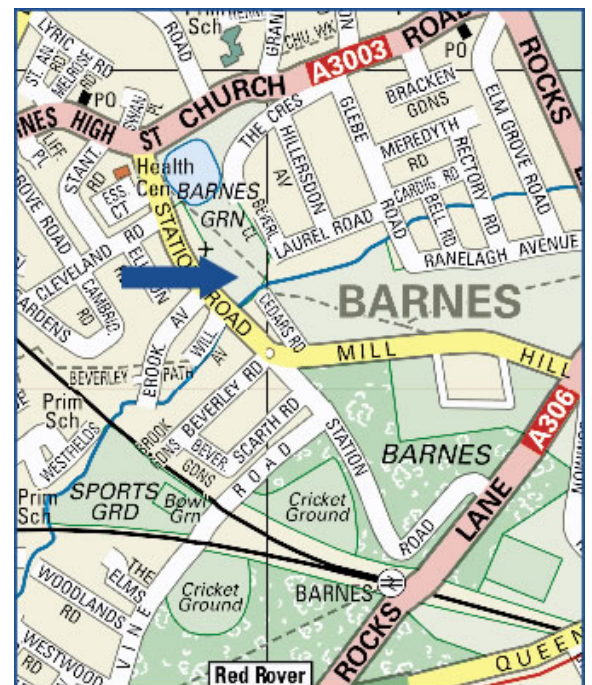
How much does it cost?

Everyone is welcome to come along for a free trial session. Membership scheme is priced at:

1 session per week = £30 per calendar month
3 sessions per week = £40 per calendar month

Where to Meet: Barnes Green

Meeting point is on the Station Road side of the Green:



When are the sessions?

Tuesday	7.30pm
Thursday	7.30pm
Saturday	9.00am