



## 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 plyometric 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 - it's 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.

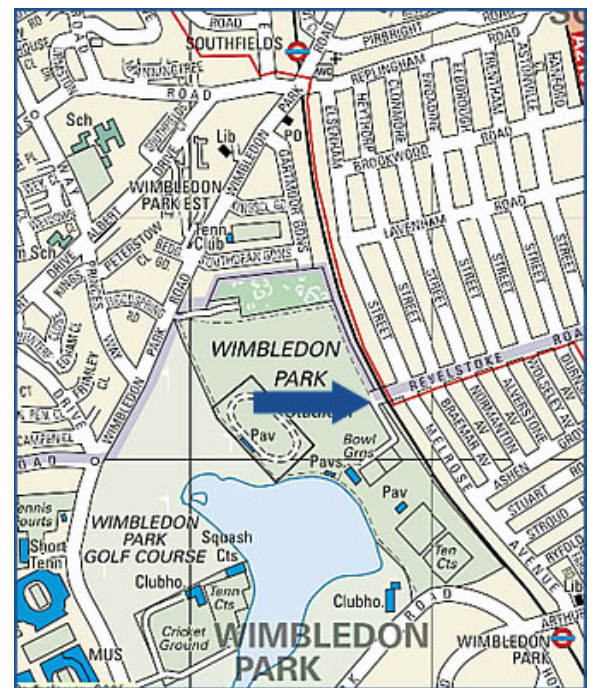
### How much does it cost?

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: Wimbledon Park

Meeting point is next to the car park on the common at the end of Revelstoke Road:



### When are the sessions?

Tuesday	9.45am
Tuesday	7.30pm
Thursday	7.30pm
Saturday	9.00am