



BODYFIT

BEGINNERS

Is this you?

- ✓ Thinking of starting running but not sure how
- ✓ Considering a **parkrun** or other activity challenge
- ✓ Perhaps you'd like to **drop a clothes size**
- ✓ Or **improve your health** and **mental wellbeing**
- ✓ You'd like good company, great coaching and motivation

This is your answer...

BodyFit Beginners: A 10 week course for complete beginners, timed to reach your peak for a 5K parkrun or similar challenge in January.

Starting: Thursday 02/11/17, 6.30pm-8.15pm

Note: The first class on Thurs 2/11/17 is for **everyone**; is longer and includes a post-run social and Q+A session. You'll then have a choice of classes:

Mondays 7.30pm, Tuesdays 9.30am or Thursdays 6.30pm

No classes at Xmas: W/C 18/12 and 25/12

Final Classes: W/C 15/01/18

Venue: Meet at the Lakes Home Centre, Low Road, Cockermouth

Fees: £70 for one class or £98 for two classes weekly

Students: £40 for one class or £50 for two classes

Children aged 11-14 must be accompanied by a fee paying adult.



Your lead-coach will be Samantha Ayers who is a Level 3 England Athletics endurance coach and personal trainer. You will be advised on how to begin running progressively and safely, given top tips on injury prevention. You'll be provided with a training programme to follow together with social media support. Most importantly, Sam's team will help, motivate and encourage you every step of the way!

E: asksam@bodyfitcumbria.co.uk

P: 01900 825974

M: 07805 094 701

f [facebook.com/BodyFitCumbria](https://www.facebook.com/BodyFitCumbria)
W: bodyfitcumbria.co.uk

"Sam and the team were welcoming, and there were quite a number of people who seemed to be just as anxious as I was.

The team put our minds at rest and started the program at the perfect pace for a professional couch potato; run for one minute, then walk one minute!"

Alastair Clarke



Please reserve a place for me on the **BodyFit Beginner's** Running Course

Title: _____ Full Name: _____

Phone: _____

E-Mail: _____

Please select:

One class per week: £70 Which day? _____

Two classes per week: £98 Which days? _____ and _____

Other amount: £ for _____ e.g. Child/Young Person

I've enclosed my health screen: **Download from homepage of our website**

Return to: Samantha Ayers, 1 Brookside, Eaglesfield, Cockermouth, Cumbria, CA13 0SD

I enclose a cheque for £ _____ made payable to **BodyFit (Sam Ayers) Ltd**

I've made a BACs transfer of £ _____ A/C **08185241** Sort Code **09-01-28**