



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 May.

Starting: Thursday 07/03/19, 6.10pm-8.15pm

Note: The first class on Thurs 07/03/19 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 **and/or** Thursdays 6.10pm

No classes: W/C 08/04/19

No classes on bank holiday Mondays:

22/04 and 06/05 - please join the Thursday class that week

Final classes: W/C 13/05/19

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

 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

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**