

September Training Course

Your children are back at school so why not kick start yourself into a new term with a week of exciting exercise classes.

14th September 2009 – 20th September

9.15am till 10.30am every morning.

£5 a session or £30 for all 7 classes.

Time Table as follows:

Monday	Circuit Training	Multi Station Class focusing on all aspects of the body including cardiovascular and resistance components.
Tuesday	Ball Fit	This class uses stability balls, ideal to improve body awareness, posture and balance. Includes a variety of general toning exercises with a twist... exercising on an unstable surface!
Wednesday	Combat your core	A simple mix of kicks, punches, abdominal & back routines that will keep your muscles nicely toned whilst improving your fitness levels.
Thursday	Core Stability	This class focuses on you core and abdominal area and will help improve your, posture and overall strength.
Friday	Multistage fitness tests	Comprising of 3 exercises to test your fitness. A fun warm-up using the Rockport walk test, followed by a step test and then a bleep test (multistage fitness test). Ideal to test your fitness levels against sporting averages. Good Fun.
Saturday	Circuit Training	Multi Station Class focusing on all aspects of the body including cardiovascular and resistance components
Sunday	Power Legs	Works on toning up the legs, bum and stomach area. Suitable for all levels of fitness incorporating both standing and floor work.

Boot Camp

Friday 28th August 2009

10am - 5pm

Only £45 (lunch included)

An intense day long fitness camp designed to challenge you both mentally and physically. The day has been designed to maximise weight loss, burn fat and aid you in reaching your fitness goals.

The course is available to both men and women with a variety of fitness levels.

The itinerary consists of a cardiovascular warm up and stretching session followed by the morning workout.

Lunch will be provided by the centre in accordance with strict nutritional guidelines.

The afternoon workout will begin at a slower pace to aid the digestion process before coming to a huge aerobic climax and a group cool down and stretching session.

For more details or to book a place please contact Becci Coleman on

r.coleman@southbristolsportscentre.co.uk or 01179038681