



BODYFIT BLOKES



Is this you?

- ✓ You'd like to improve your **fitness**
- ✓ **Reduce your stress** levels
- ✓ Or **improve your health** and **mental wellbeing**
- ✓ Perhaps you'd like to **drop a notch on your belt**
- ✓ You'd like **good company**, great **coaching** and **motivation**

Then try this...

BodyFit Blokes: A men only 6-week pre-Christmas fitness boost.

What is it? An activity session, outside in the fresh air, based around running or walking briskly if you can't run yet.

You'll be supported and encouraged every step of the way. Tony Jewell will be your lead coach assisted by Andy Hayes and Ian Donnan. Tony, Andy and Ian, (pictured above), are great role models and aim to help others keep active for life. All are England Athletics coaches or leaders.

Starting: Monday 06/11/17, 6.15pm-7.15pm (plus social)

Note: The first session on Monday 06/11/17 is for **everyone** and includes a post-activity social and Q+A session. You'll then have a choice of sessions:

Mondays 6.15pm and/or Thursdays 7.15pm



Final Sessions: W/C 11/12/2017

Venue: Meet at the Lakes Home Centre

Low Road, Cockermouth, Cumbria, CA13 0HH

Please park on the road side of the car park, thank you.

Fees: £39 for one session or £48 for two sessions weekly

Students : £30 for one session or £36 for two sessions

Sorry no children under the age of 16

E: asksam@bodyfitcumbria.co.uk

f [facebook.com/BodyFitCumbria](https://www.facebook.com/BodyFitCumbria)

P: 01900 825974

M: 07805 094 701

W: bodyfitcumbria.co.uk



Please reserve a place for me on the **BodyFit Blokes Course**

Title: _____ **Full Name:** _____

Phone: _____

E-Mail: _____

Please select:

One session per week: £39 **Which day?** _____

Two sessions per week: £48 **Which days?** _____ and _____

Other amount: £ **for** _____ e.g. Student/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**

BodyFit Running Coaching for All:



Lakes Home Centre, Low Road, Cockermouth, unless otherwise stated

1. Monday 6.00-7.15pm: Advanced: Off road in summer and from the LHC in winter. Speed, agility and technique work. (1.25 hours)
2. Monday 7.30-8.30pm: Coaching for all abilities: Speed agility and technique work.
3. Tuesday 9.30-10.30am: Coaching for all abilities: Speed agility and technique work.
4. Thursday 6.00-7.00pm: Muster Run: Split into two groups according to ability: Hill work and 'progression runs'
5. Thursday 7.15-8.15pm: Coaching for all abilities: Speed agility and technique work

Beginner Running Courses: See website for latest information

BodyFit Blokes: See website for latest information

Contact Sam Ayers for further information: **01900 825974** or www.bodyfitcumbria.co.uk

BodyFit Hall-Based Classes: 1 hour

Methodist Hall, Lorton Street, Cockermouth, unless otherwise stated

Core Stability: A fantastic workout with the Gym Ball

- Tuesday 5.50-6.50pm
- Wednesday 9.30-10.30am
- Friday 9.10-10.10am



Circuits for All: Fitness and fun with a great atmosphere for all ages and ability levels

- Tuesday 4.30-5.30pm

Older Adult Activity Class: Fitness and fun with a great atmosphere for the young at heart.

- Friday 10.30-11.30am Current age range: 60-85+

metafit.

With BodyFit! 45 mins

- Tuesday 7.15-8pm Christ Church Rooms, Station Street, Cockermouth
- Friday 5.30-6.15pm Methodist Hall, Lorton Street Cockermouth
- This is a brilliant High Intensity Interval Training (HIIT) class: not for the faint hearted!

BodyFit Class Fees

- 'Pay As You Go' is £6.50 run, £7.00 hall
- Students: 'Pay As You Go': £4 for all classes
- **Save 25%** or more by booking for the term

E: asksam@bodyfitcumbria.co.uk

f [facebook.com/BodyFitCumbria](https://www.facebook.com/BodyFitCumbria)

W: bodyfitcumbria.co.uk

P: 01900 825974 **M:** 07805 094 701

