



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 12 week course for complete beginners, timed to reach your peak for a 5K parkrun or similar challenge towards the end of June.

Starting: Thursday 21/04/22, 6pm-7pm, then each Thursday thereafter

Includes: Your weekly class, training program to follow, support from your coaches and a 30' weekly Simply Stretch class to aid mobility and increase flexibility for running.

No class: Thursday 2nd June, Half Term

Please note: From week 8 onwards, you'll have the opportunity to swap to our other sessions:

Monday: 1830 or 1930 and Tuesday 0915

Final classes: W/C 18/07/22

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

Fees: £85

Students and those on low income: £42

Children aged 12-14 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 and email support. Most importantly, Sam's team will help, motivate and encourage you every step of the way!

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"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: £85

Other amount: £ for _____ Student/Low Income

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

Return to: Samantha Ayers, 1 Brookside, Eaglesfield, Cockermouth, Cumbria, CA13 0SD
Or email to: asksam@bodyfitcumbria.co.uk

I've made a bank transfer of £ _____ Please note that we no longer accept cheques.
A/C 08185241 Sort Code 09-01-28 **BodyFit (Sam Ayers) Ltd**