

JOHN PILKINGTON

PERSONAL TRAINER

Circuits Class Introduction

BASIC ADVICE AND SAFETY POINTERS:

- Please wear loose, comfortable clothing (a T-shirt and shorts or tracksuit bottoms) and a good pair of trainers. It's also a good idea to have a small towel and your own supply of drinking water.
- Please make sure your valuables, mobile phones and so on are safely stored.
- Please let me know at the beginning of the class if you have any injuries or illnesses which might affect your ability to perform some or all of the exercises.
- Please ensure you have inhalers or any emergency medication to hand, if you may require them.
- All the exercises are designed to be scaled to your own abilities. Work as hard as you can, but don't overdo it - if you feel you need to rest, then please do so.
- If you feel dizzy or faint at any time, stop exercising and please let me know immediately.
- **Work at your own pace - don't worry about keeping up with others!**
- Be aware of your surroundings, be careful not to trip or fall or leave equipment or bags where they may cause someone else to fall.
- **If you are not sure how to perform an exercise, please ask!**

Circuit Workouts are great calorie burners!

By moving rapidly from exercise to exercise and working upper and lower body at the same time, circuit exercises burn a lot of calories!

Circuit Workouts provide an aerobic and strength-developing workout at the same time!

If you have limited time to exercise, a circuit workout is one of the most efficient ways to train. It allows you to get cardiovascular and strength training done in a single workout. Despite working out for less time, you'll still burn a substantial number of calories due to the intensity of the session.



New Group / Circuit Training Rates from 1st April 2016

- **Drop-in rate: £10 per class**, payable in advance
- **Package of 5 classes: £35**, payable in advance
(£7 per class – credits to be used within 6 available weeks*)
- **Package of 10 classes: £65**, payable in advance
(£6.50 per class – credits to be used within 12 available weeks*)
- **Package of 20 classes: £125**, payable in advance
(£6.25 per class – credits to be used within 6 months*)
- **Package of 50 classes: £300**, payable in advance
(£6.00 per class – credits to be used within 1 year*)

** The validity period does not include scheduled national holidays, instructor's holidays, facilities closure, and so on.*