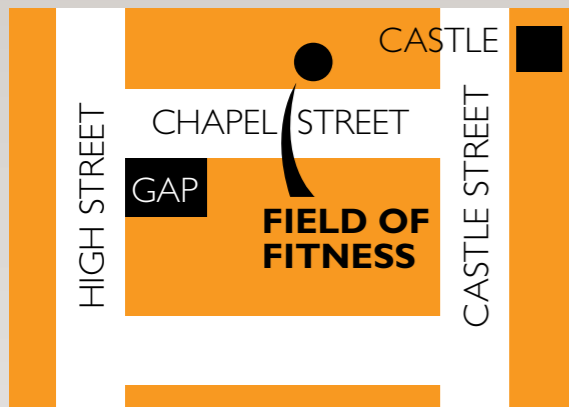


CONTACT US



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FIELD OF
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for more information visit
www.fieldoffitness.com

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PRICES

CLASS	COURSE LENGTH	PRICE
PILATES	4 Weeks	£40 - (£10 PER CLASS)
Yoga	4 Weeks	£40 - (£10 PER CLASS)
TEXAS	4 Weeks	£28 - (£7 PER CLASS)
CIRCUITS	4 Weeks	£28 - (£7 PER CLASS)
CORE STABILITY	4 Weeks	£28 - (£7 PER CLASS)
BOXERCISE	4 Weeks	£28 - (£7 PER CLASS)
LBT	4 Weeks	£40 - (£10 PER CLASS)
TOTAL BODY CONDITIONING	4 Weeks	£40 - (£10 PER CLASS)
DROP IN CLASSES	1 Class	£10 PER CLASS (EXCLUDING PILATES / YOGA)

Please note you must arrive 5 minutes prior to class starting.



ABOUT US

Field of Fitness Ltd can offer you personal training, group training and conditioning, sports massage therapy, nutrition, biomechanics, scientific core conditioning, weight management, space for dance rehearsals and general lifestyle support.

As a private corrective exercise and rehabilitation studio you will feel comfortable and un-intimidated, with a reassuring sense that the service you receive is geared specifically towards your unique needs. We are not a gym but a facility where services are co-ordinated between experienced professionals.

SERVICES

-  Injury/rehab clinic
-  Group training
-  GP referral
-  Nutrition
-  Sports massage
-  Personal training
-  Fitness assessment
-  CHEK golf biomechanics

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BOOK NOW
TO AVOID
DISAPPOINTMENT

**CLASSES
START
JANUARY
2010**

EXERCISE AND LIFESTYLE

TIME-TABLE

CLASSES

LBT
LEGS BUMS AND TUMS

Does exactly what it says... a very effective class to target those problem areas


CORE STABILITY

Static and dynamic floor exercises to develop your abdominal and lower back muscles - core stability.



X biking is the fastest growing indoor cycling exercise which works the upper body and core as well as the legs.

TOTAL BODY CONDITIONING

An exercise class for all levels of fitness, Lo-impact aerobics coupled with resistance exercises to strengthen and tone the whole body

PILATES

Pilates focus is on the "core" postural muscles, strengthen weak muscles, lengthen those that are short, and increase joint mobility. it rebalances your body, training your mind to control the body.

active **Yoga**

This class will work on yoga postures which will focus on spinal alignment, posture and correct breathing patterns, as well as challenging the core muscles and improving flexibility (all level class).



CIRCUITS

A functional-based exercise class, including resistance and cardiovascular exercises, to not only aid your fitness levels but to increase strength and toning as well.


BOXERCISE

Boxercise combines use of both aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibres in a manner that not only ensures a diverse workout, but also enhances sports specific senses, including hand-eye co-ordination, balance and timing.



MONDAY

TIME	CLASS	TEACHER
7.15am - 8.00am		JON FIELD
9.30am - 10.30am	TOTAL BODY CONDITIONING	JO YEARWOOD
12.15pm - 1.00pm	BOXERCISE	JON FIELD
5.15pm - 6.00pm	CIRCUITS	FOFTEAM
6.30pm - 7.15pm		IAN DANIELS


TUESDAY

TIME	CLASS	TEACHER
7.15am - 8.00am		LOUKS BEARDWOOD
9.45am - 10.30am	LBT	KATHERINE GERVASIO
12.15pm - 1.00pm	PILATES	LOU ROSE
1.15pm - 2.00pm	PILATES	LOU ROSE
5.30pm - 6.15pm	PILATES	LOU ROSE
7.00pm - 8.00pm	active Yoga	TRACEY DEBENHAM



WEDNESDAY

TIME	CLASS	TEACHER
6.30am - 7.15am		DANIEL OLIVER
12.15pm - 1.00pm	PILATES	LOU ROSE
1.05pm - 1.50pm	PILATES	LOU ROSE
5.15pm - 6.00pm		DEAN GIRDLER




THURSDAY

TIME	CLASS	TEACHER
7.30am - 8.15am		JENNA HILL
9.45am - 10.30am	LBT	KATHERINE GERVASIO
12.15pm - 1.00pm	CORE STABILITY	TRACEY DEBENHAM
1.15pm - 2.00pm	active Yoga	TRACY DEBENHAM
5.15pm - 6.00pm	BOXERCISE	FOFTEAM
7.30 - 8.30	PILATES	VICKY JADE

FRIDAY

TIME	CLASS	TEACHER
9.30am - 10.30am	LBT	JO YEARWOOD
12.30pm - 1.15am		JENNA HILL
5.15pm - 6.00pm		DEAN GIRDLER

SATURDAY

TIME	CLASS	TEACHER
9.30am - 10.15am		JENNA HILL
10.30am - 11.15am		ARAM FRIED RICH
11.30pm - 12.15pm		ARAM FRIED RICH

All classes are run for a four week period and must be paid up by cheque or cash in advance. Drop in classes are available subject to attendance. Please call 01483 567920 or visit www.fieldoffitness.com for more information.

To view teacher profiles and for more information please visit www.fieldoffitness.com

