

Running for Beginners

Is this you?

- ✓ Thinking of beginning running but not sure how?
- ✓ Considering a **parkrun** or other 5K challenge?
- ✓ Perhaps you'd like to **drop a dress size**?
- ✓ Or **shrink your beer belly**?
- ✓ You'd like good company, great coaching and motivation.



This is your answer...

Running for Beginners: A 10 week course for complete beginners, timed to reach your peak for a 5K parkrun or similar challenge in July.

Starting: Monday 08/05/17, 6.30-8.15pm

Note: The first class is at an earlier time of 6.30pm and includes post run social and Q+A session, all future Mondays classes will be at 7.30pm
Then a choice of classes:

Mondays 7.30pm, Tuesdays 9.30am or Thursdays 6pm

No classes at Half Term: W/C 29/05/17 Final Classes: W/C 17/07/17

Venue: Meet at the Lakes Home Centre, Low Road, Cockermouth, Cumbria, CA13 0HH, please park on the 'road side' of the car park.

Fees: £70 for one class or £98 for two classes weekly
Students: £40 for one class or £50 for two classes



Children aged 11-14 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 support. Most importantly, Sam's team will help, motivate and encourage you every step of the way!



E: asksam@bodyfitcumbria.co.uk

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

P: 01900 825974

W: bodyfitcumbria.co.uk

M: 07805 094 701



"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: £70 Which day? _____

Two classes per week: £98 Which days? _____ and _____

Other amount: £ for _____ e.g. Child/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: Sub 30 min 5K or faster, 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

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

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