Valid: 5/4/10 - 4/7/10

Barry: 07849 328332
barry@visionfit.co.uk

www.visionfit.co.uk

VisionFit

Your classes are back! Spring is here and now there are no excuses. The most effective way to train is to come outside – SO COME OUTSIDE AND JOIN US!

Welcome to ***VisionFit***. Come along to one of our many exciting outdoor classes, and see why people love it!

Running Club –

This is unlike other running clubs. We won't just tell you where to run and at one pace! We will give you professional coaching and support so that you can maximise your performance, build leg strength and joint stability, reduce the risk of injury, and help you achieve your personal best! Plus, we donate to charity for every mile you run – do you know any other running club that does this?

Walking Club –

Are you new to exercise? Has your GP suggested you participate in gentle exercise? This is the perfect class if you struggle with the intensity of running. Suitable for absolutely every age, size or gender. There are three different walking paces to challenge everybody, but with a very friendly, social and enjoyable atmosphere within the group. You will come out of this class with a sense of satisfaction and true accomplishment. Plus, we donate to charity for every mile you walk – do you know any other walking club that does this?

Tuesday 6:30pm **(45min class, £3.50)** – *Grange Park Pavillion, Old Coulsdon, CR5 1HA*

Outdoor Adventure Circuits –

In this action packed class, you will be left feeling challenged and exhilarated. This class uses body weight, partner resistance and/or simple equipment that gives you a full body workout, burning lots of calories and leaving you with REAL fitness gains!

Tuesday 7:30 pm – *Happy Valley, The Fox pub, Caterham on the Hill, CR3 5QS*

Cross Country Running Club –

Cross country running is a different challenge to road running. The ground holds more resistance and places more demand on the body. As a benefit, you will be breathing in fresh, clean air, view the breath-taking scenery of the country side and maybe see some of the friendly local wildlife. Are you up for this challenge? Remember, we donate to charity for every mile you cover.

Nutrition Vision –

Nutrition seminar with solid nutritional advice and quality products on offer. Plus seasonal prize draws worth up to £100 for the biggest percentage LOSER. Please call Barry for venue details.
Only £3 a time, or £10 for the month. Registration is free.

Prices

Single Class	**£4**

Pay Monthly

1 class a week	£15
Unlimited classes	£27.50

(Training month starts on the 4th of each month, and ends on to the 3rd of the next month)

SAVE 10% when you commit to your monthly subscription by setting up a standing order.