

# EXCELLENCE IN SPORTS COACHING



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## Barwell C of E Academy Circuit Training Class

Dear Adults,

We are delighted to offer you a chance to take part in our circuit training class.

The key purpose of Metcalf Multisport circuit training class is to:

- Burn fat
- Tone muscle
- Mix of cardio
- Meet new people
- Get FIT and **Have fun**

**FOR ADULTS AND EACH CLASS IS JUST £4**

**Circuit Training** is a general mix of cardio and body weight exercises. There is no experience needed come along to lose weight and get fit fast to great music.

**CIRCUIT TRAINING**



These classes will run in 6-8 weekly blocks, a maximum of 20 people per circuit training class.

All equipment is provided, please bring a drink and wear suitable fitness clothing.

### **Class 1 - Tuesday evenings - 4:50-5:50pm – Circuit Training**

To apply simply text Marcus Maynard on 07875233920 or email [marcus@metcalfmultisports.co.uk](mailto:marcus@metcalfmultisports.co.uk) to book your place

Please text or email your name and which class and day you are wanting to attend

Then please bring the consent form below to the first class but you must text or email you can't just turn up due to numbers.

You can pay by cash or bank transfer (see details below)

**Starts WC 21<sup>st</sup> October - W.C. 16<sup>th</sup> December = 9 weeks = Total Price = £36.00 or £4.00 per week**



**WE NO LONGER ACCEPT CHEQUES**

I .....will be taking part in a Metcalf Multisports course.

Mobile Contact(s).....Any medical conditions.....

**Bank transfer – Metcalf Multisports Limited, sort code- 77-15-33, account number- 03199360 (Your name, course)**

Total paid £36.00

(Please tick) cash  bank transfer  Date transferred ...../...../..... Reference \_\_\_\_\_

Signed \_\_\_\_\_

**Must be bought back on first class and remember you must book first thanks**

