



**"Plus est en Vous" - There is more in you (than you think)**

### **Tracey 'Zones' into Gordonstoun's Motto and Activities!**

FitZone classes are to become a regular activity for pupils at one of Britain's top boarding schools. Moray fitness instructor Tracey Carrington introduced the exercise sessions at Gordonstoun after joining the school as a freelance Aerobics Instructor in the autumn of 2009.

Tracey said FitZone has not only proved a popular exercise with students but also serves as a regular reminder of the school's motto: Plus est en Vous – There is more in you (than you think).

The motto encourages pupils to move outside their comfort zones to develop their full potential in order to make a real contribution to life in the community. And Tracey said students push themselves to their physical and mental limits as they exercise in, out and around their 500mm-square FitZone equipment.

She explained: "I was originally asked to teach aerobics and step classes but after my job interview I decided to produce my 'Zone' out of the boot of my car and try to impress the Head of the Sports Department David Morton with this new fantastic invention by Bev Gove.

"He was intrigued and I got the job. The students love the modern music designed for the FitZone classes and enjoy a fun yet challenging workout that can be tailored to their fitness ability."

Gordonstoun's Physical Education curriculum encourages individual development through a balance of competitive, co-operative and creative opportunities found within a wide range of sporting activities. The sports curriculum is extended and complemented by a programme of activities, which FitZone has become a part of.

Tracey Carrington, Peak Physique, July 2010.