

**MORAY COLLEGE****INTRODUCTORY WORKSHOP TO HNC/HND SPORTS COACHING STUDENTS**

Moray College invited Zone Fit Ltd to deliver their introductory 2hr workshop to sports coaching students as part of their "exercise trend" unit for College.

A mixture of extremely enthusiastic young men and women participated in a well structured workshop devised to give them the practical skills of participating in various group exercise based sessions and also to work with their peers in devising their own cardio/toning exercises using the equipment.

Invitations were also sent to outside parties and past colleagues who the College felt would find the workshop to be of interest. A mixture of exercise to music instructors, personal trainers, gym managers and sports development officers attended.

We are pleased to announce the workshop received excellent feedback with everyone stating they would recommend the equipment and our planned use of activities to others. The workshop and practical sessions were also very effective in introducing the equipment and its many diverse uses. Attendees reported it was fun, had a feel good factor and offered fitness instructors plenty of variety for delivering sessions to their clients.

Bev Gove, Director of Zone Fit Ltd stated – "I had great fun and found working with this type of group extremely inspirational. Everyone who attended was extremely positive and I felt a great sense of achievement watching the students working together and learning from each other."

