

**THE FIT ZONE™ GROUP EXERCISE PROGRAMME
RECORD OF ATTENDANCE**

Name

Membership No

Club Location

The competition is simple. Ask your certified Fit Zone instructor to verify every time you attend a session. You have to attend a minimum of 4 sessions throughout the 6 week trial to qualify for entry.

	DATE	INSTRUCTOR INITIALS
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Completed score sheets should be handed to reception by the end of July for the grand draw. Good Luck!

Tips for ensuring your workout is safe and effective



Safety

- You will not be able to participate in the session unless you have completed a pre exercise questionnaire. This will ensure the instructor is aware of the status of your health and fitness level – see instructor/establishment for the necessary form.

- Consult your GP if you have any health concerns prior to commencing the programme.
- Ensure your working area is clear from any hazards and that you can walk at least 2 steps around the equipment in any direction.

What to Wear

- Appropriate comfortable clothing designed for exercise.
- Footwear designed to absorb shock.
- Supportive bra for female participants.

During Exercise

- Always drink water before, during and after the exercise regime.
- Ensure movements are controlled and rhythmical.
- Always use a heel to ball stepping action of the foot, unless otherwise stated.
- Only use arm patterns if you consider yourself to be more experienced.
- The certified instructor will ensure that frequent rest periods are included in the programme. However, if you feel breathless, march on the spot until you are ready to commence exercising with the group again.
- Stop if you feel sudden pain or discomfort, and consult your GP if the problem persists.

Frequency

There is no prescribed frequency, however Zone Fit™ Ltd advises:

- If new to exercise, try to attend at least 2-3 sessions per week.
- For the more conditioned participant, attend 3-5 sessions per week to maintain your fitness level.



THE FIT Zone™

- A fun new way to exercise
- Suitable for all fitness levels
- Be the first to trial The Fit Zone at David Lloyd Leisure, commencing June 2007

What is The Fit Zone™?

The Fit Zone™ is a unique piece of equipment and exercise programme suitable for all abilities and fitness levels to help develop agility, co-ordination and foot quickness, not to mention sharpening your reflexes. It has been designed for use in gyms, the home, outside and in the swimming pool. The equipment is so versatile that it requires minimum storage and there is no preparation time. Easy to use, exercisers undertake movements inside, outside and around the equipment requiring complete mental focus. Exercises using the equipment target the large calorie burning muscles of the hips, glutes and hamstrings. The innovative equipment and exercise programmes have been developed to exercise the body and mind. Impact and joint stresses are kept minimal because both feet are always in close contact with the floor. Adjustable height to accommodate different fitness levels.



Ground Level



Height Setting 2

Turn Dial to adjust height

Adjusting the height determines the intensity of the workout.

Who can participate in The Fit Zone™ Group Exercise Programme?

EVERYONE!

The Fit Zone™ Group Exercise Programme is designed for the individual and not the group. Therefore, all abilities can be catered for within the one group exercise session.

However, to ensure the workout is tailored for you, please make the instructor aware of:

- Your fitness level.
- Any health issues that may restrict you from undertaking certain movement sequences within the class.

This will ensure that you are given the correct guidelines for height, progressions and foot placement whilst undertaking the Programme.

Exercising within a group setting is social and fun and helps you become more:

- Motivated.
- Confident.
- Effective in your performance.
- Likely to continue with an exercise programme.



Benefits of Exercising and Participating in The Fit Zone™ Group Exercise Programme

Exercising whilst participating in the group exercise programme can lead to a range of health benefits (depending on its use) i.e.:

- Improves health and well-being.
- Improves cardiovascular fitness.
- Improves posture, body awareness and body tone.
- Can improve bone strength and density.
- Reduces the risk of developing heart disease and other disease considerations.
- Improves motor skills.
- Improves biomechanical efficiency.
- Prevents injury and aids injury rehabilitation.
- Aids muscular balance.
- Aids weight control.
- Decreases body fat.



Enjoy this fun new group exercise programme and use it to achieve your fitness goals. Keep in mind that each session is not a competition, and is tailored for you the individual. Commit to it as part of your health and well-being and improve the quality of your life!