



Our Group Training Timetable from AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30pm, 5.30pm & 6.30pm – HillFit @ Coed Llangwyfan Car Park	6.30pm – Stretch & Mobility @ ONLINE	12.15pm – TrailFit @ Ruthin Tennis Club 5.45pm – Low Impact & Core @ ONLINE 6.15pm – Pilates Stretch & Strength @ ONLINE	10.30am – Nordic Walking @ Various Locations 4.30pm, 5.30pm & 6.30pm – HillFit @ Coed Llangwyfan Car Park	11.30am - Pilates Abs @ ONLINE	8am – HillFit @ Bwlch Pen Barras Car Park

The above sessions are available as part of our Membership packages. PAYG participants are welcome to attend but MUST BOOK AND PAY IN ADVANCE via the link on our homepage at out-fit.co.uk

HillFit - 1,2 &3

These sessions see participants covering mostly trail and fell terrain in beautiful surroundings, with the emphasis being on walking quickly/running and exercises specifically designed to improve your ability to move over trail and hill terrain. Training in the hills has amazing residual health and fitness benefits and equally amazing views are on offer! HillFit 1 is the least strenuous of these, whilst 3 is the most strenuous, involving more in the way of distance and ascent. As you can guess, HillFit 2 bridges the gap!

TrailFit

TrailFit is a session that takes in the paths and parks around Ruthin town centre – walking/running around a variety of routes whilst using environmental features and our own bodyweight to create a balanced, full body workout for all abilities. Even for those living in the town, you likely to go to areas where you haven't been before! There'll be a few 'speed bumps' to contend with – but the routes we'll use during TrailFit will obviously be less hilly than it's hill-based counterpart.

Pilates Strength & Stretch

Pilates continues to be a very popular form of activity, recognised as an ideal way to compliment any exercise programme. Pilates promotes good posture, enhanced mobility and flexibility, correct breathing and muscle strength and tone. Our Pilates session does what it says on the tin, there is of course a strengthening element to it – and do expect a challenge, but a major focus is also placed on joint mobility and flexibility. Great for injury prevention, as well as rehabilitation – 'Prehab' as well as Rehab!

Nordic Walking

First developed by cross country skiers to train suitably in the summer months when the snow melted this is a fun, sociable and hugely effective full body workout. Walking using the Nordic poles works most of the upper body muscles and gives you a great aerobic workout whilst burning up to 46% more calories than regular walking. The Nordic technique promotes good posture and can help those with back and joint problems.