



## Fitness Programs & Price List

Times	Monday	Tuesday	Wednesday	Friday
9:00am	Pilates	-	-	-
10:00am	Pilates	-	-	-
2.00pm		Move It or Lose It		
6.00pm	FWF RUN	-	MetaPWR	MetaFit
6:40pm	-	-	-	Pilates
6.50pm	-	-	PureStretch	-

**Classes based at St. Peters Baptist Church**

**Pilates** – This exercise method is designed to elongate, re-introduce your body’s postural alignment, restore and heighten your senses and body awareness. Build strong tension free muscles and pure core strength. It’s time to stay POSTURED! (50 minutes)

**PureStretch** – This class has the benefits of yoga and Pilates. By using different styles of stretching, muscle and core activation, trigger point release techniques this class is in a league of its own. Flexibility is the key to easing out aches and pains, injury prevention, muscle recovery and helps build stronger muscles “Movement for Improvement” (45 minutes)

**MetaFit** – The bodyweight training system is an effective way to burn fat you need to change the resting metabolism and increase muscle definition. By working big muscle groups with high intensity intervals to fire up your body to get quick results! Enough of doing slow boring cardio, this 30 minute workout will bring out a new you. Adaptable to all fitness levels.

**MetaPWR** – The next level up from MetaFit. It’s MetaFit but with equipment; battle ropes, Kettlebells, Power Bags, Slam Balls etc. (40 minutes)

**FWF RUN (Runner’s Club)** – This is for all Levels of Fitness. If you are looking to start running or figuring out how to boost your endurance and training technique, then this is for you. This program is suitable from couch to 5km and beyond (45 minutes, times can vary)

**“Move It Or Lose You’ll Lose It”** – A class designed for 60+, but also can be used if you have ME, MS, Fibromyalgia or difficulty due to movement restrictions. This class is dominantly using a chair a support aid which in the session we work on FABS technique (Flexibility, Aerobic, Balance and Stretch conditioning) which allows the attendee to stay strong and independent in daily life. (30 mins)

Find Faith based Programs on the Website such as





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**Freestyle Pay as you Go** - £6

**Commitment Package (10 Class Package)** - £50 (£5 per session, saving £10 in total) package to be used up within **10** weeks from purchase.

**Awesomely Unlimited** - £40 a month set up by bank transfer.

- 2 sessions a week, save £8 to £20 per month
- 3 sessions a week, save £32 to £50 per week
- 4 sessions a week, save £96 to £120 per week

**FWF Runner's Club** – Free Class

**Tuesday @ 2 “Move it Or You’ll Lose It” taster session** – Free Class

**Company Branded** Hoodies, Towels, T-Shirts & Vest Tops are available; chat to Spencer to place an order – See FWF Facebook Page to view products.

To book an appointment or space in class, contact Spencer

e-mail: [faithwithinfitness@yahoo.co.uk](mailto:faithwithinfitness@yahoo.co.uk)

website: [faithwithinfitness.com](http://faithwithinfitness.com)

Phone: 07731810001



### PLEASE READ

Please consult your physician before any exercise programme.  
Please inform your Instructor of Limitations prior to working out.  
Fitness and Health service prices can be subject to change.

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