



CLASS SCHEDULE (Classes based at St. Peters Baptist Church)

| Times | Monday | Wednesday | Friday |
|---------|-----------------------------------|----------------------|-----------------------------------|
| 9:00am | Stretch2Stretch "Pilates Core" | | |
| 10:00am | Stretch2Stretch "Pilates Core" | | |
| 6.00pm | FWF RUN | | |
| 6.15pm | | STRONG by Zumba | MetaPWR Circuits |
| 7pm | Stretch2Stretch "MOVE 360" | | Stretch2Stretch "Pilates Core" |
| 7.15pm | | faith & foam rolling | |

CLASS DESCRIPTIONS

Stretch2Strength "Pilates Core" – 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)**

Stretch2Strength "MOVE 360" – Today's lifestyle effects our bodies to function the way they were designed. This specialised class uses different styles of dynamic and static stretching, muscle tissue release techniques and core activation. Flexibility and mobility are the key element to easing out aches and pains, injury prevention in exercise and sports, muscle recovery and helps build stronger muscles. So, whether you don't exercise, or a sports athlete let **"The Clinic"** section help you understand yourself and to help improve your Life's Movement **(45 minutes)**

MetaPWR – This is a HIIT circuit base class that combines resistance equipment (slam balls, kettlebells, battle ropes, power bags etc) and bodyweight exercises to target and develop strength, power, agility, cardiovascular efficiency and fires up your Metabolism! **(40 minutes)**

STRONG by Zumba – combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music **(45/60 minutes)**

Find more Faith Programs on the Website such as





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 walking, couch to 5km and beyond **(45 minutes)**

Faith & foam rolling – One of the most bought books in the world, the bible. I never understood or had the foundations to learn the bible growing up. In this class we look at what faith means to us. Where the other classes look after you physically, faith & foam rolling looks after you from the inside out. If your looking to explore life, and learn about the body then this is for you **(60 minutes)**

SERVICES

Freestyle Pay as you Go - £7.00

Awesomely Unlimited - £20 a month set up by bank transfer.

FWF Runner's Club – Free Class

Faith & foam rolling – Free Class

Personal Training - Book in for a free 30 minutes consultation

Life Workshops – When dates are announced, the prices will show on the website

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

CONTACT

To book an appointment or space in class, contact Coach Spencer ...

e-mail: faithwithinfitness@yahoo.co.uk

website: faithwithinfitness.com

Phone: 07731810001



Find us by typing in **faith within fitness & FWF RUN**



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