

FITNESS TIMETABLE

February – August 2020

Who we are:

Resolute to Change CIC, is a Community Interest Company who are passionate about bringing free health and fitness exercise programmes to all London community residents, as we understand that the cost of going to the gym or having a Personal Trainer can be costly. Resolute to Change CIC has partnered with Acton Gardens and L&Q to provide all Acton Gardens residents with 7 months free fitness classes to promote inclusion and improved healthy lifestyle choices through fitness. Each class we deliver are suitable for all participants aged between 16 – 65, of all fitness levels, as the exercise classes are designed to encourage and promote a health and wellbeing lifestyle change through part-taking in regular exercise activities and having a healthy balanced diet.



Times	Classes
9:00 AM	Buggy Fitness
10:00 AM	One-to-One PT Session
11:00 AM	Movement, Balance & Motion
12:00 PM	One-to-One PT Session
1:00 PM	Lunch
2:00 PM	Legs, Bums & Tums Circuit
3:00 PM	One-to-One PT Session

Important Dates For Your Diary	
February 25th	March 3rd, 10th, 17th, 24th & 31st
April 7th, 14th, 21st & 28th	May 5th, 12th, 19th & 26th
June 2nd, 9th, 16th, 23rd & 30th	July 7th, 14th, 21st & 28th
August 4th, 11th, 18th & 25th	

4:00 PM	Body Pump
5:00 PM	One-to-One PT Session
6:00 PM	HIIT Circuit

What to Bring to Your Fitness Class	
1	A bottle of water
2	A sweat towel
3	An exercise matt
5	Comfortable gym/ fitness clothes and trainers

Important Information:

- Group Classe duration will be **60 minutes**
- One-to-One PT session duration will be **45 minutes** per person
- All participants **can only** access 1 x 4 weeks One-to-One PT sessions
- All participants **can** access more than one group class throughout the day
- All participants **must** complete a RTC medical form before engaging on any group or one-to-one fitness class
- As there is a high demand for all classes (one-to-one and group), if you are booked on to a class and you are unable to attend, please cancel your class at the earliest convenience to allow your fellow resident to access that exercise timeslot

Contact Information:

Resolute to Change CIC

T: 07848 146839

E: info@resolutetochange.com

W: www.resolutetochange.com

Registered Community Interest Company.

Registered Company in England and Wales. Registered Company Number: 12212402

