



**WAVENEY GYMNASTICS  
CLUB**



**in partnership with**



Struggling to find time to exercise when looking after a child??

Worried that you'll be the most inactive person at the session?

I struggle to stick to an exercise routine.

I'm always exhausted running around after the children, I have no energy to exercise.

It's just too overwhelming, I want to go to that fitness session, but I'll slow everyone down.

## **Gym Fit Is For You**

GymFit is a fun, exciting fitness programme which can be used to improve the general fitness and your overall health and physical condition. This session is for mum's, aunties and grandmothers with low physical activity levels. If you're busy looking after a toddler, and have no time to exercise, look no further. You can book your 3-year-old child or grandchild into the preschool session whilst you participate in the Gymfit session. It's a great time to start to get fit as part of a healthy lifestyle whilst having a laugh, meeting new people and making some time for you.



## How does the session run?

The sessions will vary slightly from week to week to keep you motivated, interested and engaged. The sessions are 45 minutes long and will consist of a warm-up, followed by fitness activities and a cool down. There are a series of fun and challenging exercise work cards which may be used and are designed for all abilities and levels (beginner, intermediate and advanced), and some circuit style work in groups or individually.

**Time of session:** Thursday 13:15-14:00

**Cost:** Each session costs £4.00 per person. Cash payment please.

### **Insurance options;**

Option 1 – An annual payment of £25.00. This would provide insurance for you to participate in any gym fit sessions and any gym challenge events held at Waveney Gymnastics Club or other gymnastic clubs. Gym challenge events are team events that incorporate gym fit exercises into a mini competition/team challenge. With this insurance you would be able to participate in Waveney gymnastics adult sessions without having to pay any additional insurance. You would also be covered to participate in any fundraising events at the club to raise money for new equipment; for example, a sponsored bounce or circuits.

Option 2 – An annual payment of £11.00. This would provide insurance to allow you to participate in a gym fit session once a week.

Your insurance needs to be paid on your 2<sup>nd</sup> session. Both insurances run on an annual basis from 1<sup>st</sup> October to 30<sup>th</sup> September as per British Gymnastics terms and conditions.

## To Book or for More Information

Please contact Ellen for more information or to book in. On your first session please arrive 10 minutes prior to your session to complete relevant forms.

Tel: 01502 501419

[ellen@waveneygymnastics.org](mailto:ellen@waveneygymnastics.org)

[www.waveneygymnastics.org](http://www.waveneygymnastics.org)

## How to Find Us

Waveney Gymnastics Club, 104 Notley Road, Lowestoft, Suffolk,  
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**Be stronger than your excuse  
because taking care of yourself is  
part of taking care of your family**