

# FIT

## Fitness • Instruction • Training

FIT is a premium unique exercise service in Glasgow offering a number of fitness packages and classes. Our qualified and experienced trainers provide specialist programmes and exclusive professional classes and give you the motivation to help reach your ideal goals.

### get **FIT**

Get FIT is a mobile home and office personal training service. We provide either one-to-one sessions or small group sessions and bring all the necessary equipment to you.

### wedding **FIT**

Wedding FIT is mobile personal training package designed for brides, bridesmaids and grooms to get in shape for that big day. The optional 8 or 12 programme involves a vigorous and intensive course of body toning, fat burn and postural core work 3 times a week aimed to have you looking and feeling better than ever in time for your wedding day.

### class **FIT**

Class FIT is a group fitness service that provides a wide range of indoor and outdoor classes catered for every level of fitness. Our classes are at flexible times and various venues around Glasgow to fit around your day.

### nurtur**e**r

Class FIT also provide a unique postnatal fitness service in association with Nurturer Ltd.



Please visit our website for class venues, prices and more information.

0141 332 0288 • [www.fitnessinstructiontraining.co.uk](http://www.fitnessinstructiontraining.co.uk) • [info@fitnessinstructiontraining.co.uk](mailto:info@fitnessinstructiontraining.co.uk)

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## class timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>		07.30-08.15 Early stretch Hyndland Hall		07.40-08.15 Core and abs Hyndland Hall	07.30-08.00 Morning run Kelvingrove Park	09.00-09.45 Postnatal toning Kelvingrove Park	11.00-11.45 Circuit training Caledonian Taekwando Centre, Anniesland
<b>Lunch</b>	12.15-12.45 Lunchtime run Kelvingrove Park	12.30-13.15 Postnatal toning Hyndland Hall	13.15-13.45 Lunchtime run Glasgow Green	12.30-13.15 Postnatal toning Hyndland Hall			
<b>Evening</b>		19.00-19.45 Outdoor cardio workout Kelvingrove Park	20.20-21.00 Core and abs Caledonian Taekwando Centre, Anniesland	19.00-19.40 Road reps Glasgow Green	18.30-19.15 Toning and conditioning		

