



INVITE YOUR OFFICE TO COME AND SAMPLE AN OUTDOOR FITNESS CLASS

For one day only we are inviting businesses to come and sample a 30 minute HIIT class in Hyde Park. It's completely FREE of charge, our 30 minute sessions run all day (from 08.00 - 16.30) and all you have to do is send us your company name and preferred training time.

Here are the details:

Thursday 17th March
Hyde Park (near HP Corner and Park Lane)
FREE HIIT class for your business
Maximum of 10 people from your team

| TRAINING TIME: | BUSINESS NAME: | HOW MANY PEOPLE (max 10) | ANY QUESTIONS: |
|----------------|----------------|-----------------------------|----------------|
| 08.00 - 08.30 | | | |
| 08.40 - 09.10 | | | |
| 09.20 - 09.50 | | | |
| 10.00 - 10.30 | | | |
| 10.40 - 11.10 | | | |
| 11.20 - 11.50 | | | |
| 12.00 - 12.30 | | | |
| 12.40 - 13.10 | | | |
| 13.20 - 13.50 | | | |
| 14.00 - 14.30 | | | |
| 14.40 - 15.10 | | | |
| 15.20 - 15.50 | | | |
| 16.00 - 16.30 | | | |

Our only stipulation is that each person wanting to attend creates an online account with us. There is an important health questionnaire that needs to be filled in for insurance purposes.

Go to www.zipfitclub.co.uk 'Getting Started'

chris@zipfitclub.co.uk or 07883077539 for more details.