

'Oh's ParkFit' – Further details, please read.

Meeting Point – Hervines Park. On grass, in front of building near car park. Please arrive on time; it is essential that you take part in the warm up.

Mission - Using the environment around us to our advantage in a safe and respectful way.

Intention - for the classes to be available to all levels of fitness, but remaining tailored to challenge each individual.

No fancy footsteps or equipment are required. I want you to get used to the styles and techniques used with confidence and to keep on **pushing yourself a little further** each time.

Please feel free to contact me individually if you have any concerns about the classes **being right for you.**

Weather – Unless it is dangerous the classes will continue. Our skin is waterproof so what's to worry about! The weather provides different challenges to the workout. Dress appropriately; layers that you can tie around your waist are good for cooler weather when you warm up. Trainers are essential as we will be on different terrains and you need the support.

Outdoor Allergies - If you suffer from hay fever please take the necessary steps prior and during the class. If you need medication with you I am happy to carry it for you.

Hydration – I cannot stress the importance of remaining hydrated. So please ensure necessary steps taken and keep a bottle in a bag or car for when you finish.

There are **no changing facilities** available but I am happy to store your extra layers for your walk/journey home in my car.

Please feel comfortable to work at your own level. But remember the harder you work the greater the rewards. It is all about achieving your **OWN goals** and we are all at different levels. Don't compare yourself to others, simply do your best.

Watch out for bumps & dips & tree roots – foreign objects such as dog mess and the occasional glass that people have dumped. Warn others too or move it please.

Be Safe, know your limits. Have fun, work hard.

Cheques (or cash) should be made payable to Alison Young.