

FITNEST CLASSES



INFO BOOKLET
ALL YOU NEED TO KNOW ABOUT
OUR CLASSES & MEMBERSHIPS
IN ONE PLACE

WHAT WE DO

CLICK ON THE IMAGE TO JUMP TO THE PAGE

CLASSES



[Bootcamp](#)



[Maternity Mums](#)



[Strong & Stretchy](#)

MEMBERSHIPS



[Membership & PAYG options, & benefits](#)



[First Session FREE, Kids and Bring a Friend](#)



[Cancellation policy and Pauses](#)

OTHER



[Kids Yoga](#)



[Personal Training](#)



[FAQS](#)
[Opening Hours](#)



BOOTCAMP



Our bootcamp classes are designed to get you fit and have fun, with a range of different training styles (weights, circuits, HIIT, total body etc.) With children always welcome and options for all abilities.

What:

HIIT – High Intensity interval training a 30 minute workout of short bursts, with short recoveries.

Circuits/ Weights – a mix of cardio and weights for strength and fitness

Total body/ Technique – technique session to learn the moves and then put them into practice for a total body workout



BOOTCAMP



Where & Parking info:

See app for locations per each class.

Chapelford – Dakota Park meet at the cage end by the propeller, WA5 3TF, in Winter this is on Warrington West train station car park, WA5 1ZJ. Park on either Sainsburys and walk down or Chapelford Primary. *Outdoor classes*

Whittle Hall – Community centre, Lonsdale Close, WA5 3UA. Parking at the centre. *Indoor classes*

Burtonwood studio – WA5 4AX, you turn into the Brambles, there is a dirt track on the right, head down it to the house at the end, the studio is round the back. Park outside the house/ in the Brambles. *Indoor/Outdoor classes (weather depending)*



BOOTCAMP



Who is it for:

Everyone! We have options for everyone including lower impact exercises, lighter weights and alternative exercises to tailor to you, your abilities, any injuries and your kids.

Kids always welcome.

What to bring:

Nothing, just you and some water, we provide all the kit.

What do you do in adverse weather?

Never the wrong weather just the wrong clothing!

Where we have the option to be indoors in adverse weather we will be. In the event of rain at outdoor classes the class goes ahead, just bring your waterproofs. If the weather is dangerous, we provide a zoom option or alternative location.

Maternity Mums



Our Maternity Mums classes are designed for mums who have recently had a baby, to help recover your core, posture and bodies from pregnancy. Whilst also being able to get fit for Mum Life, and make friends in the process, with baby in tow. Our postnatal specialsit will also give you an abdominal check

What:

Park workout – get out, enjoy the fresh air, and do a workout at the same time. Buggies required, outdoor. In adverse weather alternative location/zoom option provided.

Circuits – combines weights and cardio, with options for everyone and a range of different weights.

Mamma-Lates – Pilates for postnatal recovery

All planned by a pre/postnatal specialist designed for postnatal recovery and repair.

Maternity Mums



Where & Parking info & what to bring baby in:

See app for locations per each class.

Chapelford – Dakota Park meet at the entrance to Sainsburys carpark/park. Park on Sainsburys car park. *Outdoor classes.*

Bring baby in pram/buggy

Whittle Hall – Community centre, Lonsdale Close, WA5 3UA. Parking at the centre. *Indoor classes.*

Bring baby in whatever is comfortable (Car seat, loose, pram etc.)

Burtonwood studio – WA5 4AX, you turn into the Brambles, there is a dirt track on the right, head down it to the house at the end, the studio is round the back. Park outside the house/ in the Brambles. *Indoor/Outdoor classes (weather depending)*

Bring baby in whatever is comfortable, we have baby jail on hand.

Maternity Mums



Who is it for?

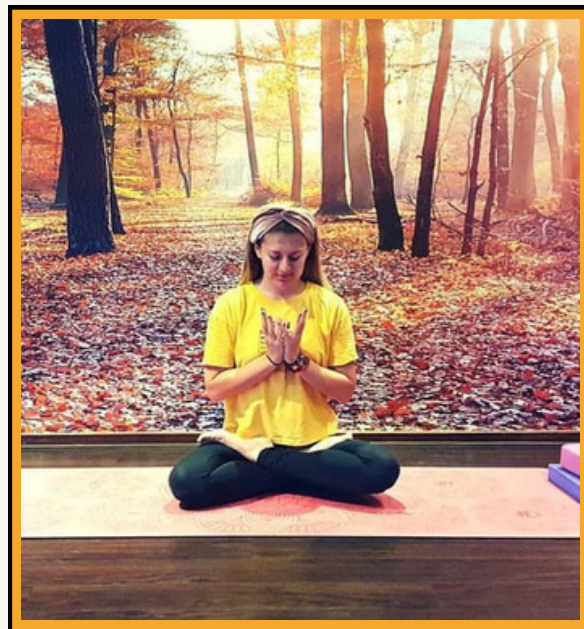
Any mums **after 6 weeks for a vaginal birth, 8 weeks for a section**, with babies of any age not just off on mat leave, although the times tend to suit mat leave mums the most. We frequently have mums bring all their kids of all ages especially in the kids holidays, we get them involved.

What if baby cries? or needs feeding?

Babies cry, and that is absolutely fine, your instructor is on hand to help cuddle, feed, rock, bounce and entertain. We can also incorporate baby into the exercise if you prefer to wear baby in a sling or if baby prefers to be held.



Strong & Stretchy



What:

This is our bespoke Pilates and Yoga based class. With elements of core strength, flexibility, strength and mobility all combined into one, to give you a holistic, gentle, as difficult as you make it class, to aid against injury, and strengthen you as a whole. We use Pilates equipment including blocks, balls, rings, weights, straps etc.

Where & Parking info:

See app for locations per each class.

Whittle Hall – Community centre, Lonsdale Close, WA5 3UA.
Parking at the centre. *Indoor classes*

Hood Manor Community Centre – WA5 1UH, next to the Tesco Express/ Pink room. Walk away from the main road, there is a metal door on the right, with a community notice board outside.
Indoor classes.



Strong & Stretchy



Who is it for:

Everyone! We have options for everyone including lower impact exercises, lighter weights and alternative exercises to tailor to you, your abilities, any injuries and your kids.

Kids always welcome.

What to bring:

Nothing, just you and some water, we provide all the kit. If you prefer to use your own mat please do bring it.

I have injuries/ mobility conditions will I be okay?

Yes absolutely! Our instructors are incredible at what they do, and have options for everyone and to take into account all abilities, injuries and conditions. Ensure you consult with your medical professional first.



Memberships + Member Benefits

At FitNest we want to ensure you only pay for what you use, so we have a whole range of membership options with numerous benefits for members.

PICK YOUR BASE



Bootcamp

£35 a month attend as many sessions as you like.

Attend 5-6 classes a month to make your money back.

£4.50-£6.50 PAYG
Save up to £150*

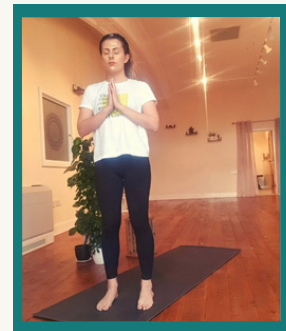


Mat Mums

£32.50 a month attend as many sessions as you like.

Attend 5 classes per month to make your money back.

£6.50 PAYG
Save up to £45.50*



S+S

£30 a month attend as many sessions as you like.

Attend 3-4 sessions per month to make your money back.

£8 PAYG
Save up to £34*

**depending on usage*

ADD YOUR TOP UP

As above

1 membership unlimited

£45*

2 memberships unlimited

£50*

3 memberships unlimited

Per month*

Discounts also applied for couples memberships (email to enquire)



Memberships + Member Benefits

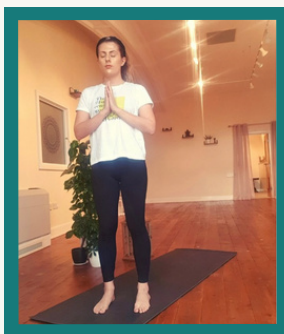
At FitNest we want to ensure you only pay for what you use, so we have a whole range of membership options with numerous benefits for members.

OTHER MEMBERSHIPS



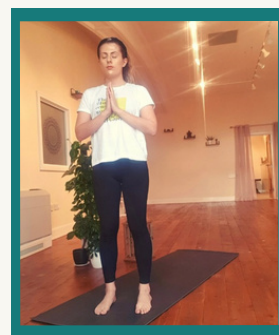
Mat Mums 1/ week

£22.50 a month to attend 1 session per week (4 per month total)
£6.50 PAYG
Save £3.50



S+S Tuesday

£20 a month to attend just Tuesday sessions. Attend 2 per month to make your money back.
£8 PAYG
Save £12



S+S Thursday

£20 a month to attend just Thursday sessions. Attend 2 per month to make your money back.
£8 PAYG
Save £12

MEMBER BENEFITS



For all of our loyal members we want to try and give you more, so we offer a whole host of benefits with FitNest including:

- Calorie Calculations
- Discount on merchandise
- Discount on Personal Training
- Free Nutrition guides, holiday and Christmas Survival guides
- Social events

As well as benefits and discounts with other businesses including salons, kids activities, massages etc. click the link above to see more of these member benefits.



First session FREE

Your first session with us is always free. Simply head to

Classes ➡ Membership ➡ Credit
 'Buy' the free one and then book onto any class you wish.

KIDS - ALWAYS WELCOME

When we say kids are always welcome we mean it!



Under 10

Any kids under 10 are free and welcome to come to any classes. We will get them involved or provide them with a space to sit and chill whilst you workout. Just bring them along no need to ask.



10-15

If participating in a full class consistently (i.e. require a station in circuits) they require their own membership of £10 per month. You can create an account attached to yours to book them on.



16-17

If participating in a full class consistently (i.e. require a station in circuits) they require their own membership of 50% per month. You can create an account attached to yours to book them on.

BRING A FRIEND

We encourage you to bring your kids and your friends! Research shows that when supported by friends and family in exercise we are more likely to achieve our goals. To bring a friend ideally get them to download the app and create an account. 'Buy' the free class and book on.

Alternatively when booking you can select +1 to bring a friend with you.

This will act as their first session free, and will either need to PAYG or purchase a membership for any future classes.

KIDS YOGA



WHAT?

Our kids yoga classes are designed to get your young ones moving, learning about their bodies and fitness as well as how to regulate their energy and emotions. All sessions follow a theme and a story book with yoga poses to follow the story, from underwater with 'Octopants,' to Space theme with 'Astro Andy,' (A Jemma Original), heading to the zoo, going on a teddy bear hunt, Halloween, Easter and Christmas themes. Ages 2-8 and all abilities welcome.



BOOK

To book head to the courses section on the app for the entire year's list of classes.

Each child comes away with a goodie bag, and a sticker.

To book siblings please contact Jemma directly via email jemma@theFitnest.co.uk or on social media.

Parental involvement is encouraged but not essential.





Personal Training



What:

We have a whole host of Personal training options from fully online, hybrid with 121 and full 121 sessions in the FitNest studio.

121 Personal training sessions are available with Sam, Zack, Sophie and Jemma

Includes:

All Personal training includes FREE UNLIMITED bootcamps and Mat mums and Strong and Stretchy at a heavily discounted rate.

A full free nutrition guide and calorie calculation. As well as bespoke tailored training to you and your goals. Faster, more effective results. Improved technique, strength and confidence.

To see how we could help you reach your goals faster and more effectively, and for prices and time availabilities, contact Jemma directly.

CANCELLATION POLICY



We will be sad to see you go! But if for whatever reason you need to cancel your membership you must email jemma@thefitnest.co.uk (emails only will be processed, anything sent via text will not). We operate on a 30 day cancellation policy, therefore any cancellations after the 1st of each month will mean the following month payment will be processed. Full access to all classes paid for will still be able to be enjoyed.



PAUSE

We do offer pauses if you need to take a temporary break (i.e. to have a baby). Pauses must be requested via email to jemma@thefitnest.co.uk and are at the discretion of FitNest for medical, health or personal reasons. A minimum of 2 months pause applies, and if a cancellation is required thereafter, 30 day cancellation policy still applies.



FREQUENTLY ASKED QUESTIONS



What do you do if the weather is rubbish?

Never the wrong weather, just the wrong clothing! BUT if it is particularly treacherous, almost all of our classes have an indoor option. Worst case we enjoy covid times again and do a zoom.

Can I actually bring my kids?

Yes absolutely, when we say you can bring your kids we mean it! Childcare should never be an issue!

Our Mat Mums classes are baby and mamma specific, and our instructors are on hand to assist. In our other classes our instructors may not be on hand to help with babies, but if you are okay with that so are we!

Likewise, particularly in the summer holidays, we have a lot of older kids come to all classes! (We have specific weights for them)



I am so unfit, will I struggle?

Do not worry, everyone has to start somewhere. We have options for everyone, low impact, high impact, small weights, big weights, no weights. So we can cater and tailor to you and your individual needs.

We also tend to do time based things i.e. 60 seconds of squats, so some may achieve 2, others 20 and that is absolutely fine! Something is always better than nothing!

Just let your instructor know before class of any difficulties or injuries you may have.

Do I need to bring anything with me?

Nope not at all, we have everything. Just bring you and some water. If you wish to bring your own mat that is fine but we have everything you will need.



FREQUENTLY ASKED QUESTIONS



What should I bring baby in?

For our mat mums classes, bring whatever baby is comfortable in. For solely outdoor venues, we ask pram or carriers. For solely indoor classes car seats/ loose are preferable due to space. We do also provide toys and 'baby jail' a safe play pen to workout around.

I need to clarify some details or ask further questions where do I go?

As a first point call please refer to the app. Times, locations and information are all provided on here and we update the app regularly with any time, date or instructor changes.

Secondly use the whatsapp group which you will be added to once you book your first class, our instructors (and often other members) will be able to help you here with any other queries.

Finally, particularly if it is about membership, drop us an email, Jemma@theFitNest.co.uk



I am really nervous about trying something new, with new people!

Do not worry, everyone has to start somewhere. We have options for everyone, low impact, high impact, small weights, big weights, no weights. So we can cater and tailor to you and your individual needs.

We are also a super friendly group, who support and motivate each other. We finish most classes with a team challenge to have a bit of fun with the session to. Don't believe us, join our whatsapp groups and ask the members.



What do I do if I need to cancel a class?

Simply log onto our app and cancel the class either in classes or in your bookings.





OPENING HOURS

All of our class times are available on the app and our website, please check here first.

Staff contactable hours on the WhatsApp groups are between 8am and 8pm.

Please avoid contacting Jemma directly via WhatsApp particularly outside of these hours (full days off are Sundays and Thursdays so will be completely uncontactable), please refer to the app and the WhatsApp groups first to ensure you get a timely response, or please email.

(Unless it is non work related, in which case you send those memes or reels!)

Emails are checked once per week as a minimum.