



**ROTHERHAM UNITED
COMMUNITY
SPORTS TRUST**

HEALTH & WELLBEING



£3 per
session or
£30 for
12 weeks

Happy New Year, Happy New YOU!

**A 12 WEEK FITNESS
PROGRAMME**

15
places
available



**WEDNESDAYS
5.30pm - 6.30pm**

**at the activity Suite,
AESSEAL New York Stadium
STARTING 3rd JANUARY 2018**

To book a place contact **EMMA SLATER-CLAYTON** on 01709 827767



- @ health@rotherhamunited.net
- @ eslaterclayton@rotherhamunited.net
- www.rucst.co.uk
- @RU_CST



BR@ADSWORD
supporting education in sport



Happy New Year, Happy New YOU!

A brilliant 12 week fitness programme to get you on the right track for 2018!

Week 1 and 12 will include measurements of Weight, BMI, Body fat %, waist to hip ratio, and fitness as well as a 30 minute HIIT session. Each participant will be provided with a 12 week nutrition plan.

**£3 per session
or £30 for 12 weeks
if paid in advance**

WEEK	DATE	ACTIVITY
1	Wednesday 3 January	Measurements + 30 minutes HIIT session
2	Wednesday 10 January	Aerobics
3	Wednesday 17 January	Core and Abs
4	Wednesday 24 January	Yoga
5	Wednesday 31 January	TRX
6	Wednesday 7 February	Belly Dance Blast
7	Wednesday 14 February	Circuit Training
8	Wednesday 21 February	Tai chi
9	Wednesday 28 February	Yoga
10	Wednesday 7 March	Running
11	Wednesday 14 March	Bollywood Blitz
12	Wednesday 21 March	Measurements + 30 Minute HIIT session