

GET FIGHTING FIT – Kickboxing

2010 NEWSLETTER

Firstly we would like to say welcome to Get Fighting Fit...
We aim to make training fun and enjoyable for all the family.

UNIFORMS

You will need to purchase a club uniform after 6 weeks of training. This is required to enter into the grading syllabus. Uniforms can be purchased from your instructor. They must not be altered or modified in anyway.

ADDITIONAL CLASSES

As of the 22nd Feb a new class starts at 5pm – 6pm it will run every Tuesday.
As of 27th Feb a new adult only sparring class starts at 6pm-7pm it will run every Friday.
Thursdays usual class 7:15pm – 8:15pm

SPARRING CLASS

Those who wish to take part in the sparring class starting on 27/02/2010 will need to purchase 14oz gloves or foam padded gloves (ask your instructor for details). You will also need a head guard, gum shield and ankle/feet protection. Your instructor can provide all these items. Your sparring equipment should be BBE approved to meet insurance regulations.



GRADING

Grading days will take place every 3-4 months and students will be invited to grade by their instructor. Students must wear club uniform during both grading days and regular classes. Only students with uniform will be asked to grade. On completion of an initial assessment (white belt) you will require a uniform/belt & grading syllabus. Ask your instructor about costs.

FORMS TO BE RETURNED

1. Disclaimer
2. Screening Form

If these are not returned then you will not be able to attend class.

MASSAGE

Get Fighting Fit grading students qualify for an extra discount on sports massage and relaxing massage therapy. A perfect gift for a loved one or great tool in prevention of injury and correction. Email sports-massage@hotmail.co.uk for more info.



HEALTHY KIDS CLASSES

Starting Monday March 1st GetFightingFit is happy to announce a new project aimed just at the children. Classes in health, fitness & nutrition for 6-11 year olds and 12-17 year olds. These classes will be run as a course to ensure the correct adult to child ratio is met. A ten week course is available @ £55 for non members of Miskin Manor Health Club. £45 for members and £35 for GetFightingFit grading students! These classes will be full of fun games as well as educational about the way our body's function. There are limited spaces so book your place now to avoid disappointment!! Further information to be announced.



CONTACT DETAILS

If you have any questions contact Mal
Mobile: 07979408257
E-Mail: mal@getfightingfit.co.uk
Web: www.getfightingfit.co.uk

One on One Personal Training or Group training also available....

Contact Mal for more information at
mal@getfightingfit.co.uk

All classes are held at Miskin Manor Health Club.