

[\*www.rainydayfit.com\*](http://www.rainydayfit.com)

**RainyDayFit  
CLUB!**

***GET FIT  
YOUR WAY!***



***@rainydayfit***



## **WELCOME to RainyDayFit CLUB!**

*Following the completion of my Level 3 Diploma in January of 2020, I began RainyDayFit as an easily accessible online training programme for clients to safely exercise in their homes.*

*Over the 9 months that followed, my class timetable and client base grew in a way that I could only have dreamed of!*

*Heading into 2021, I've created **RainyDayFit CLUB!**, giving my regular clients access to 8 classes per week, (approximately 35 per calendar month).*

*It only takes 20-30 minutes of exercise a day to see huge changes physically and improve your mental wellbeing so positively, giving you a sense of achievement and satisfaction. My classes are designed to be short and targeted, making them manageable mentally as well as functional within your daily routine.*

*All classes are streamed via Zoom, with a monthly subscription of **£19** through PayPal, (which can be cancelled at any time), or on a pay as you go system on a class by class basis (**£3** per class).*

### **Monthly Membership to RainyDayFit CLUB comes with the following benefits:**

- ACCESS TO A GUARANTEED 32 CLASSES PER MONTH (APPROX 35 CLASSES PER CALENDAR MONTH) WORKING OUT AT AROUND 55 PENCE PER CLASS.
- A TAILORED WEEKLY CLASS TIMETABLE COMBINING CARDIOVASCULAR AND STRENGTH WORK, PROVIDING A FULL BODY FITNESS REGIME.
- 5% DISCOUNT ON ANY PERSONAL TRAINING COURSES WITH RAINYDAYFIT.
- THE ABILITY TO WORK OUT SAFELY IN THE COMFORT OF YOUR OWN HOME, OR OFFICE SPACE, IN A FUN AND POSITIVE ENVIRONMENT!

# **RainyDayFit CLUB!**



**For my Class Timetable, please see the following page.**



- Your RainyDayFit CLUB Monthly Membership gives you access to 8 classes per week, 32 classes per 4 weeks (approximately 35 classes per calendar month).



@rainydayfit

## ONLINE CLASS TIMETABLE

Mondays	11am	BODY BLAST (60 mins, London and Live Steamed)
	6pm	BALLET BARRE FITNESS (30 mins)
Tuesdays	1pm	THROWBACK AEROBICS (35 mins)
Wednesdays	1pm	SWEAT FEST (30 mins)
	6pm	WAISTLINE WEDNESDAY (30 mins)
Thursdays	1pm	HiiT (30 mins)
Fridays	1.30pm	LEGS, BUMS & TUMS (30 mins)
Saturdays	12pm	SATURDAY STRETCH (30 mins)