

# ZEST FREQUENTLY QUESTIONS

## **CAN I TRY A CLASS BEFORE COMMITTING TO A MEMBERSHIP?**



You are very welcome to come and join us for a class and have a chat with Anna about the rest of the membership program before committing. First, [purchase a single class pass here](#), and then you can book a session of your choice. You can book a free trial [here](#).

## **DO I HAVE TO COMPLETE A FOOD DIARY?**



Not at all, as a part of your membership you can ask a coach to help you look at your nutrition. We suggest you complete a food diary to help us help you make gradual improvements. You can do this any time that suits you.

## **CAN I CANCEL MY MEMBERSHIP ANY TIME?**



Yes, we just ask you give us 4 weeks notice.

## **WHEN CAN I JOIN THE WHATSAPP GROUP - I'D LIKE TO FEEL A PART OF THE TEAM!**



Once you are a bronze, silver, gold or platinum member you will be invited to join the group for Masters. These groups can get busy, so we suggest you mute the notifications and catch up at your own convenience.

## **DO I NEED TO WEAR ANY SPECIAL CLOTHES FOR CLASS?**



You need to wear indoor trainers for classes in the gym. For everyone's health and safety, as well as the workload of the coaches, we have a strict indoor shoe policy. There is an area for you to change into your indoor shoes and leave your outdoor shoes as you come into the gym. Your coach will welcome you to your first session and show you where to leave your bag and shoes. You need to wear comfortable clothing you can move freely in and wear a supportive bra.

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## **IS THERE PARKING ON SITE?**



Yes, you need to enter the Imber Court site by the REAR entrance, turn left at the mini roundabout and go as far as you can. You can park beside the rugby pitch on the left once you can see the rugby stand or park behind the stand. There is plenty of parking and you can leave your car as long as you like so you can stop in the coffee shop, or socialise at our tables by our entrance.

## **DO I NEED TO BE FIT? I'M NOT SURE I CAN KEEP UP!**



No, Functional Fitness is suitable for all levels all moves are designed to be scalable meaning for every move there are versions that everyone can do and versions that can challenge the strongest of athletes – your coach will help you find the right version for you. It doesn't matter if the person next to you is experienced and fitter than you, you can complete the class at your own level.

## **I FEEL I MAY HAVE LEFT IT TOO LATE TO START A FITNESS PROGRAMME**



It's never too late! Even in our more mature years we can still make really good fitness gains. It may take some time and consistency, but you can only feel better and have a better quality of life if you exercise regularly.

## **I HAVE NEVER DONE EXERCISE OR A FITNESS CLASS IN MY LIFE!**



Don't worry, you don't need to have undertaken any training beforehand, you just need to ensure you have the right clothing and bring water with you to class. Your instructor will be very experienced at designing the workout to ensure no one gets left behind or made to feel like the odd one out.

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## **I HAVE SOME HEALTH AND WELLNESS ISSUES - CAN I STILL COME?**

With thorough regular input from you and occasionally a note or conversation with your doctor or physio, we can manage most conditions. The majority of issues can only be improved by movement, but we do want to make sure you are safe. We ask you to complete a wellness screening form before coming and ask you to keep in touch with us consistently about your wellbeing. If there is something on the programme that doesn't feel right for you - ask your coach, he or she will be able to adapt the programme to suit your needs.



## **BUT I'M STILL NOT SURE**

Please be reassured that our coaches will offer you a warm and friendly welcome as will the rest of the masters team - We suggest you come for a trial class - what's the worst that can happen?

*If you have any other questions please contact us at*

[peter@thefitnessstudio.co.uk](mailto:peter@thefitnessstudio.co.uk) or [info@thefitnessstudio.co.uk](mailto:info@thefitnessstudio.co.uk)