

INFORMATION

Sponsored Fitness 'Marathon' Sunday 9 March 2014 - 10.00am – 4.00pm At Groby Community College

We are holding this fundraising event to raise funds for a Camps International Kenya trip along with the magnificent work of the Macmillan Cancer Care Charity.

What do I need to do?

You will need to register to take part (£10 fee applies) and obtain sponsorship from friends and family to take part in the 'day'. On the day you will take part in a series of fitness sessions ran by individual instructors, such as Aerobics, Zumba, Fitness Boot Camp & Pilates.

In order to complete the day successfully if you don't already participate in regular exercise you should consider starting an exercise programme NOW!

***Suggested* preparation exercise:**

One of the following; half an hour per day brisk walking, half an hour a day on the Wii fit or a fitness DVD i.e. Davina's 'Fit in 15' followed by one organised session per week for a minimum of 4 weeks prior to the event.

On the day, the programme will consist of **FIVE** 40/45 minute routines (to be confirmed on the day) each followed by 30 minutes rest – your target would be to take part in ALL **FIVE** however this would not be compulsory and all participants would be able to take part in as many or as few as they feel able to.

The minimum age to participate in the event is 12 years of age. Anyone participant under the age of 16 will require a responsible adult to sign them in and out of the event (if the adult is not remaining with them during the day).

How much is it to take part? To take part the registration fee is £10.00 per person.

What if I fill my sponsorship form will I still have to pay to take part?

The £10.00 registration fee will be refunded to any participant following receipt of a minimum sponsorship fund of £50.00.

What next?

Print off your registration & sponsorship forms or collect from the office at Groby Community College during the hours of 9.00am and 4.00pm Monday – Friday. Post or deliver to the address/es stated along with your registration fee and...

Start your training regime! Good Luck..

If you are interested in joining a weekly fitness activity, the following instructors have been invited to take part in the event and some hold their classes at Groby College**.

Fast Fitness**	Paul Brown	www.fastfitnessleicester.co.uk	07966 959872 (first lesson free)
Zumba Fitness**	Matthew Print	zumbamattuk@gmail.com	07929 528412
Aerobics Fitness**	Anita Breeze	anitabreeze@talktalk.net	0774 5519877
Konga Fitness	Eileen Cahill	e-cahill@hotmail.com	
Pilates **	Linda York	linda.york99@hotmail.co.uk	

Keep checking back here as the instructors taking part will be updated once confirmed.

***Instructors in red have confirmed attendance**

DISCLAIMER

All funds raised will be itemised and banked in a Coventry Bank Account in the name of Alfie Poulton. This bank account is being solely used for Kenya fundraising. All funds will be documented and can be viewed on request by any participant or sponsor.

You are responsible for your own fitness preparation for the event and any participants under the age of 16 should seek the guidance of a responsible adult.

All relevant insurances and risk assessments will be in place and will be available to view on the day of the programme. Please ask the organiser Allison Poulton if you wish to see these.

TRAINING LOG

WEEK	TARGET	ACHIEVED
WEEK 1		
WEEK 2		
WEEK 3		
WEEK 4		
WEEK 5		
WEEK 6		
WEEK 7		
Sunday 9th March 2014	9.45am Registration 10.15am First session starts	



Sponsor Form

Sponsored Fitness Marathon
Sunday 9 March 2014 10.00 am – 4.00 pm
At Groby Community College



Name	Contact details	Sponsored Amount	PAID Y or N

Thank you for your support.

**REGISTRATION FORM
SPONSORED FITNESS 'MARATHON' ON SUNDAY 9 MARCH 2014**

Name:	
Address:	
Telephone Number:	
Email address:	

Please send completed registration form by no later than *Friday 14th February* to:

3 Windmill Close, Ratby, Leicester. LE6 0HT (or post in a sealed envelope marked – Sponsored Fitness Marathon) in the letterbox at reception at Groby Community College).

Along with a cheque for £10.00 payable to A L Poulton

Cheque Enclosed **Y or N**

Or pay directly to the account

Coventry Building Society

Master A L Poulton

Sort Code 40-63-01

Account Number 45467390

Paid to Account **Y or N**

INFORMATION

REGISTRATION FEE RECEIVED ON	
SPONSORSHIP FUNDS RAISED & COLLECTED	£
REGISTRATION REFUNDED	