

HIIT Circuits class information - updated 18/10/2021

- **You need to bring your own mat to class which you should clean & sanitise prior to attending each session.** Equipment is used during the session in a circuit style format. Before use and between each station you are required to sanitise your hands using the hand sanitisers which are provided. If you would prefer not to use equipment, alternative exercises can be provided.
- **HIIT Circuits is a 60mins class** consisting of a warm up, two circuits of equipment based stations, with HIIT interval training between, focusing upon abs, core, strength & cardio using timed, reps based & various other training techniques. The session concludes with a cooldown stretch.
- **All classes are now cashless and must be booked in advance. HIIT classes are only available in 6 week blocks. You must pre-book your block on Gymcatch, (see register/class bookings for details) & payment is made online through Gymcatch.**
- **Classes are not interchangeable or refundable.** You cannot switch classes to a different day without prior agreement with Nicola Rayner Fitness. **There is a strict limit on class numbers. You will only be able to attend a class that has been booked in advance.**
- **There is no carry over system between separate blocks or between different class types.** However if you are unable to attend a class, you can attend a catch-up session of the same class type, within the same block, but only if there is a space and with prior agreement with Nicola Rayner. You may wish to take advantage of the online bolt-on offer which is only available if you have booked a 6 week block package. This bolt-on (£15) gives you access to all of the classes in the library of pre-recorded sessions (over 300 different classes including other exercise types such as Core Strength). Great value I'm sure you'd agree. And if you're away on holiday you can still do your HIIT workouts online.
- If you can't attend a class please inform Nicola Rayner Fitness by email not on Gymcatch.
- If you have any issues using the new booking system please contact Nicola Rayner Fitness - fitone@live.co.uk
- **Please see separate information sheet - Changes to Health & Safety - Covid-19** for important guidelines to be aware of regarding attending classes.