

HIIT Class Information

- **You need to bring your own mat to class which you should clean & sanitise prior to attending each session.** Equipment can no longer be shared or borrowed. At this present time equipment other than a mat will not be used. The session will be bodyweight based until such time that changes to government guidelines allow for the sharing of equipment without the necessity to sanitise between each and every use. This would make the circuits section of HIIT impractical and the disruption (necessary to clean each piece of equipment) to the classes interval recovery time would affect the effectiveness & flow of the session.
- You will notice a reduced class length time to allow for cleaning and ensuring safety is priority. Other classes have a slight price increase, but HIIT will remain at the same price due to the reduced length of the class. As there is no circuit in the class at this present time the 50mins HIIT session format will be a warm up & stretch section as before with the main section of the class consisting of different training sections such as abs, core, strength & cardio using timed, reps based & various other training techniques.
- **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 due to social distancing regulations. You will only be able to attend a class that has been booked in advance.**
- **There is no carry over system at this time.** However 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) not only gives you access to all of the classes in the library of pre-recorded sessions (over 180 different classes including other exercise types such as Core Strength) but also to be able to catch up on the class that you might have missed that week which I shall be running live online on a Wednesday evening and uploading so that it can be done at a time that suits and repeated as many times as you choose within the duration of the 6 week bolt-on. 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.