

# Grove fitness 13-17 year olds

## We offer

Portobello Green Fitness Club is unique to the area in that it offers affordable fitness to the younger members of the local community. It gives 13-17 year olds the chance to improve their fitness levels whilst having fun at the same time.

## Benefits of membership

Exercise will improve your stamina, strength, flexibility and health regardless of your current fitness level. All sessions are supervised with variety being the key. Sessions include spin classes, circuit training, squash and cardiovascular/resistance training programmes.

Programmes are designed with optimum benefit to the younger exerciser in mind. Resistance sessions are kept light, targeting muscular endurance, with the emphasis placed on good form and technique. Cardiovascular training is encouraged and the benefits of regular exercise for a healthier lifestyle are always pointed out. Above all, the workouts are in a safe friendly and fun environment.

## When can I train?

Grove fitness sessions take place every weekday from 4:00pm – 6:00pm.

## How do I join?

- Please complete the consent and health questionnaire form with this leaflet.
- Your parent and/or guardian must sign it
- Bring your form down to the Club to book your induction.
- Remember to wear comfortable loose clothing and trainers or soft rubber soled shoes. Bring a hand towel and small bottle of water to take into the gym with you.
- For details of current membership rates and options please contact the Club or email [community@pgfc.org.uk](mailto:community@pgfc.org.uk).



## Grove fitness pre-exercise questionnaire

- Complete the form below with your parent's signature
- Bring your gym kit
- Grove fitness members are not allowed to use the free weight area
- Grove fitness members are not allowed to use the steam or sauna

Name: \_\_\_\_\_

Age: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_ School: \_\_\_\_\_

Email: \_\_\_\_\_

## Contact in case of emergency

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

## Medical (Y/N)

Have you been told by your doctor that you have a heart condition?

Has anyone in your family had a heart condition?

Do you have high or low blood pressure?

Are you taking any medication?

Have you ever had an operation? (in the last 3 yrs)

Do you ever feel faint or dizzy?

Have you ever broken a bone or dislocated a joint?

Do you suffer from any of the following?

Asthma  Epilepsy  Diabetes  Arthritis  Other

## Waiver of claims

I have read and understood the fitness questionnaire. I confirm to the best of my knowledge the above information is correct and accurate. I am aware of the activities performed at PGFC for Grove fitness members and understand that

(child's name) \_\_\_\_\_

enters at their own risk. I consent to my son/daughter

(child's name) \_\_\_\_\_

taking part in the PGFC fitness programme under fully qualified supervision.

Parent/Guardian: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_