

16th March 2015

Dear Parent/Carer

Zone Fitness, Neston Thursday 19th March 2015.

Your son is engaging well in core Physical Education and showed potential during Health Related Fitness lessons. All of the students in the year group have been progressing extremely well and show a lot of commitment and respect towards the PE department.

As a result of this, I have organised a trip to Zone Fitness, Neston where I regularly exercise and workout. We will be carrying out a 50 minute Gladiator Circuits training session and the workout is built around resistance and body weight exercises. It's a challenging and intense workout where you use a lot of different apparatus such as tyres, ropes, sledgehammers and kettlebells.

The visit will take place on Thursday 19th March and we will leave school at approximately 3.00pm and return at approximately 5.00pm. There is a cost of £2.50 cash for the session which is being delivered by a professional personal fitness trainer. Students will need to wear full PE kit and bring plenty of drinks of water.

The aim of the day is for students to experience a different type of fitness training session and to inspire them into maintaining a healthy active lifestyle as they get older.

Many thanks for your continued support.

Yours sincerely



Mr Lee Cairns
Head of PE

PLEASE RETURN SLIP ONLY TO MR CAIRNS – PE DEPARTMENT

Student name _____ Tutor Group _____

£2.50 cash. I would like my son to attend the Gladiator Circuits. Yes No

Contact telephone number _____

Any medical information _____

Signed _____ Date _____
(Parent/Carer)

