



BOOKING CLASSES

For optimal results you should aim to book in for different sessions each week. On joining you will be given access to the FITBEING members page where you can book on to classes to secure a place.

Class Schedule

Monday	6-7am	Strength
	12-1pm	Open Gym
	7-8pm	Open Olympic Lifting (non coached)
Tuesday	6-7am	Fundamentals
	8-9pm	Fundamentals
Wednesday	6-7am	Strength
	12-1pm	Open Gym
	7-8pm	Olympic Lifting
	8-9pm	Strength/Learn to lift
Thursday	6-7am	Fundamentals
	8-9pm	Fundamentals
Friday	6-7am	Strength
	12-1pm	Open Gym
	6:30-7:30pm	Olympic Lifting
	7:30-8:30pm	Strength

All classes held at FITBEING Gym.
Book into your chosen sessions via our online booking tool, available on our Private Barbell Club Facebook members' page.

STRENGTH Use of all major multi-joint lifts to build strength, anaerobic endurance, build muscle and burn fat. Resulting in new personal records across all lifts and a leaner, stronger healthier you!

FUNDAMENTALS Coaching in the squat, presses (both flat and overhead), deadlift, pull-ups, kettlebell swing and Olympic lifts. No previous experience required, ideal either for those starting out or experienced members wanting to re-visit and improve upon core skills.

OLYMPIC A look in detail at the Clean and jerk and Snatch lifts as well as all associated lifts. All sessions are fully coached and you will follow a personalised training plan. A great opportunity to perfect the lifts and hit new personal records while at the same time getting lean and strong.

OPEN GYM An opportunity to come in and practice under supervision and coaching any of your chosen skills/current focus areas

METCON Included in every session. All sessions will include metabolic conditioning (Metcon). There are three energy systems that supply the muscles with energy at different intensities and workout durations, most people only condition the aerobic system with running, cycling etc. Metcon will condition all three pathways:

- 1 AEROBIC
- 2 GLYCOLYTIC
- 3 ANAEROBIC

This produces a much fitter, stronger and leaner individual FACT!



FITBEING GYM, Unit 2, Clare Terrace, Carterton, OX18 3EZ

BARBELL CLUB





FITBEING



Become a member of FITBEING Barbell Club and benefit from:

- ♥ Coached sessions planned for you
- ♥ Training programmes tailored to your individual needs
- ♥ Regular personal record testing
- ♥ Full range of skills taught
- ♥ Limited group size for effective coaching
- ♥ Specialist male/female specific equipment
- ♥ Nutrition and diet advice

We're Different: We Care

 **0845 676 9666**
 Carterton, Oxfordshire



 www.fitbeing.co.uk
 info@fitbeing.co.uk

MEMBERSHIP OPTIONS

- ♥ **3 Barbell Club sessions per week**
- ♥ **Access to all FITBeing Classes**
- ♥ **1 personal training session per week**

£295
PER MONTH

- ♥ **5 Barbell Club sessions per week**
- ♥ **Access to all FITBeing Classes**

£99
PER MONTH

- ♥ **3 Barbell Club sessions per week**

£75
PER MONTH

- ♥ **Learn To Lift Class**

£10
PER SESSION



JOIN TODAY >>