

Beyond Barriers Group Training - (F)requently (A)sked (Q)uestions

What is Group Training and how does it differ from a “Fitness Class” or “Personal Training”?

A “Fitness Class” on its own, is not designed to achieve any specific long term fitness goals. Group Training as part of a series of co-ordinated Classes and Diet seminars forms an excellent cost effective strategy to achieve and maintain that body you always wanted! While Personal Training gives one to one support and a unique fitness programme specific to a Client it often comes with a huge cost premium of up to 15 times (Typically £20 to £50 per 1 Hour PT Session) above the cost of a Group Training Class (Typically £3 to £4 per 1 Hour Group Training). Despite the high cost over two thirds of all Personal Training sessions are essentially the same exercise programmes to that of other Clients with identical fitness goals.

Group Training – similar to Personal Training but cheaper and unlike a typical Fitness Class offers a regular Diet & Nutrition Class (Seminar). Clients basic body measurements can be taken and any necessary changes in a Clients diet or exercise programme made at this Class. Basic Diet & Nutrition Reports with Calorific requirements specific to each individual are provided.

Group Training - provides exactly the same Professional support from the Class Instructor as during Personal Training after each Class via Email/Telephone.

Group Training – allows Clients to achieve their fitness goals with the benefit of doing a workout with their Friends, Family and partners to help motivate and encourage one another – making new friends during Class work.

Group Training – allows Clients Pay As You Go flexibility without any obligation to continue attendance once their fitness goals have been achieved or sooner if circumstances change.

Group Training – supports a Clients aims to “maintain” their existing level of good fitness in a cost effective way. (One Group Training Class per week £3 to £4 compared to a single Personal Training Session per week £20 to £50)

Group Training – better than a Gym membership alone, gives Clients motivation, direction and instruction in what they are doing and why, and increases the chances of adherence to regular exercise.

What is the Cost and how does this compare to Personal Training?

The cost of each Group Training Class is just £3.50 payable via PayPal/Credit/Debit card via the online booking system. The booking window closes 18 hours prior to each Class in order to plan for anticipated Class numbers in advance.

Typically a Personal Training Client at a well known local budget Gym chain would pay:

10 x 1 Hour Sessions NON Pay As You Go – Block Booking Upfront (or 2 per week) = £300
Plus Monthly Gym membership = £14.99

TOTAL MONTHLY COST = £314.99

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Beyond Barriers Group Training Programme:

10 x 1 Hour £3.50 Pay As You Go – Group Training Classes = £35.00

(Includes regular weekly Diet & Nutrition meetings 20 mins prior to Class - including Client Specific Diet & Nutrition report and basic body measurements.)

TOTAL MONTHLY COST = £35.00 (BEYOND BARRIERS GROUP TRAINING)

TOTAL MONTHLY COST = £314.99 (BUDGET GYM PERSONAL TRAINING)

CLIENT SAVES £279.99 (89% CHEAPER) – SAME FITNESS OUTCOME

What Class should I attend and how many?

Initially the Group Training Classes will be held regular Wednesdays 6:00pm (5:40pm Diet and Nutrition/Body Measurements) and will follow the format of the “Total Body Tabata HIIT” Class – a highly acclaimed and popular whole body high intensity interval training Class held at The Gym Group, Wakefield until May 2019. This Class is suitable for all ages and abilities and highly suited to Muscular Toning, increasing Endurance and Fat Loss (which covers the majority of fitness goals). Any Class alterations or cancelations will be posted on the website.

In the future there are plans to increase the variety and number of Classes to cater for different fitness abilities and different fitness goals. “Total Body Tabata HIIT” Class is highly suited to Clients who wish to lose body fat. Detailed information on Classes can be found via the YouTube links on the Class Info page on the “BBGroupTraining.co.uk” website or by directing your web browser to “www.BBClassInfo.com”.

For people who are interested in participating in the Group Training Programme please refer to the “Beyond Barriers Group Training Flow Chart” to establish according to your fitness goals the type and the frequency of Classes recommended per week.

What about my Diet?

Weekly brief Diet & Nutrition meetings will be held for anyone enrolled on the Group Training Programme 20 mins prior to Class start. This includes basic body measurements and Diet & Nutrition Analysis report specific to each individual. This will be an opportunity for all members of the Group Training Programme to assess progress towards reaching fitness goals and make any necessary adjustments.

What about Exercise when not attending Group Training?

Some members depending on fitness goals and timescales may wish to supplement their Class workouts with additional exercise. Aerobic exercise (using your lungs) is better suited to activities outside of Group Training Class (walking, swimming, running etc.). Suggested Aerobic programmes for members of the Class will be given out at Diet & Nutrition meetings. Fitness Professionals recommend Aerobic exercise at least 3 to 5 times per week for almost any fitness goal. This could be walking or cycling to work Monday to Friday or it could be 30 mins fast sprint round your local park 3 times per week.

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How old do I need to be to attend?

From 16 years of age upwards (16 to 19 years low weight endurance resistance training only). Participants 16 to 17 years of age must be accompanied by an adult Parent or Guardian to comply with professional indemnity insurance.

What is the maximum Class size?

At the instructors discretion depending on the experience level of the group up to 32 people maximum per Group Training Class. At Lightwaves Wakefield the safe maximum number of people is 25.

What if the Class is full?

The online booking system should prevent numbers above 25 participants per Class. Should there be the demand - extra classes will be scheduled.

What do I need to bring with me and how should I dress for Class?

Light weight single skin sensible sportswear and sports trainers are suitable for the Class along with a suitable drink and/or plastic water bottle.

How do I book for the Class?

Via the online booking system – www.bbgrouptraining.co.uk

Where and when is the Class?

Classes will take place at Lightwaves Leisure Centre Wakefield each Wednesday 6:00pm with weigh ins taking place from 5:40pm. No Gym membership is required. Location Map and additional details can be found on the website. Any cancellations or alterations to the class will be posted on the website. Free parking available – 40 spaces!

What is the basic format of a Class?

For all Group Training Class work – Introduction and exercise demonstrations followed by warm up, group exercise, cool down.

Are there plans to increase the number and type of Classes?

Yes. Classes will be split into two broad categories or fitness goals “Fat Loss/Tone Up” and “Hypertrophy” (build muscle/bulk up) and be graded according to abilities “Beginner - low fitness”, “Intermediate - average fitness”, “Athletic –good or very good level of fitness”. Initially “Total Body Tabata HIIT” workout Class is aimed at “Fat Loss/Tone Up” goals and suitable for all abilities.

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What if I do an exercise wrong?

Don't worry! During Group work the main priority is safety. Sometimes it takes more than one attempt to get your form perfect. Give things a try and even if not perfect so long as the exercise does not jeopardise either your own or others safety you can keep having a go until you get it right. At the end of a Group Training session any observations or errors will be reviewed for the benefit of anyone struggling and the rest of the group. No individual will be pointed out as doing something wrong.

What if I attend but just can't do it?

During Group Training, should anyone feel ill or unable to continue training participants can take a break at any time for any duration and return to the Group Training when feeling able. In no way is the Class a competition!

Do I need to fill out any Paperwork?

Participants new to Beyond Barriers Group Training will be required to fill out a short PARQ form and fill out their email address (Health & Safety legal requirement) prior to commencing Group Training.

I'm not very fit and/or I have an injury can I still attend Group Training?

Participants are strongly encouraged to take advice from their GP. Most exercise can be adapted to minimise any risk of worsening minor injuries but in the case of major injuries where adaptations are not practical or possible participants are advised to take a break from exercise.

What are the Instructors Qualifications and are they Insured?

Level 1 Health & Fitness, Level 2 Fitness Instructor and Level 3 Personal Training Qualifications. Register Of Exercise Professionals (REP's) Member No. R0153626. www.BBPersonalTraining.Co.Uk Exercise Music & Dance Partnership. Public Liability & Professional Indemnity Fully Insured.

What If I am not happy about something?

In the first instance informally raise any issues after Group Training Class. If dissatisfied please email "BBGT@gmx.co.uk" outlining any concerns not dealt with informally. Should there still be a problem any issues can be taken up with Register Of Exercise Professionals who are able to arbitrate. (Please refer to Beyond Barriers Personal Training & REP's Code Of Professional Conduct).

I've read the FAQ and I've still got questions!

Please feel free to telephone 07531600500, email "BBGT@gmx.co.uk" or complete the website form with any further questions not covered by this document.