



A nationally recognised course which can count towards CPD.

What's Your #Number1 Skill For Future Fitness?

Designed to build confidence and awareness of the need for mainstream inclusive exercise for our everyday gym heroes. Wendy has been delivering her own style of fitness over the last 10 years sharing skills, strategies and personal knowledge and understanding of disability while working alongside other fitness leaders in the fitness industry.

CPD designed to give you, and includes:

// If You want to go from good fitness sessions to offering the best sessions , you're in the right place. Easy to use templates and systems so you can stop worrying about spending money on endless advertising or costly equipment AND no fancy choreography you'll never remember.

- Practical understanding of how mixed ability classes can be delivered. How both instructors and leisure providers benefit with ongoing inclusive classes on your group timetables. //
- Discover how principles such as H.I.I.T and F.I.T.T relate to Wendy's FUNction Fitness – the heart of our diversity. Welcome to our principle - S.I.T.T. //
- A closer looking at Inclusive exercise Vs Adaptive exercise. Think you know the difference? //An easy learn for all our futures in fitness.
- Confidence building with practical work and teaching throughout the day. //Building inclusive tools, insights, support and exercises to start your own FUNction Fitness style classes.

//Investing in your own skills will show your customers your commitment to better understand and help them progress.



What This Will Not Give You/ This Is Not For You If-

- You like to work harder than everyone else to try and stand out.
- You're happy working with the same people every week
- You like the 'tread-mill' feeling and don't like a challenge
- You're ok doing the same as every other instructor in your area.

What You Will Take Away-

Group conference learning takes place through discussions, workshop activities, teaching practice and examples for you. Limited course numbers, please book early. Everyone who completes the course can get:

- Secret Insights to support you, and grow your classes easily whatever your love in fitness.
- Exclusive FUNction Fitness exercise examples from our multi award-winning class.
- Members can claim CPD points with CIMSPA.

About Wendy with FUNction Fitness.

Wendy is leading the inclusive fitness revolution for all our futures, inspiring and coaching individuals to take a stand and make their own impact with their own values.

Over 20 years industry experience being a busy instructor- i had never felt the prospect of 'nothing'. Until now. ***I realised all my years of instructor experience meant nothing. -wasted***

So, over the last 5 years i've tried , tested and worked out the best systems to create the one thing I can see missing in gyms and ***is just emerging in the fitness industry.***

Winning 'Specialised fitness instructor of the year 2019' and Award winning 'Fitness class of the year 2020.' with a unique outlook and forward-thinking process to fitness.

Speak soon !

Wendy Hall