

Start2run - Frequently asked questions:

Where do the classes take place?

The classes all take place outside, usually in local parks. In the summer time this is either Diglis Park or Fort Royal Park. However in the winter time, these parks are too dark, so the evening sessions take place in the grounds of Redhill School.

How much does it cost?

It costs £5 per hour long class. This is payable a week in advance. Payment on the day of the class is £6. 24 hours notice of cancellation is required prior to the class. If this is not given the session fee is forfeited.

I am very unfit, will I be able to cope with the class?

The classes are designed to suit all fitness levels, and some participants are encouraged to work harder than others. Each participant no matter what their level of fitness will have a workout that is safe and right for them.

What sort of exercises do you do.

The class changes from week to week, so no two sessions are the same. However because the class is female specific, key problem areas of the female body often get attention – such as backs of the arms, bottom and tops of the thighs.

Do I need to bring anything?

You need to wear a good pair of trainers suitable for exercising outside, and comfortable workout clothes. It is also advisable to bring a bottle of water to ensure you stay hydrated throughout the session. Lastly it's always good to bring a sense of humour!

This class is women only, it's supportive and fun, and will help you get health and fitness results.