

SCHEDULE

Monday

AM
6:30 Strength HIIT
7:20 The Works

9:30 Strength HIIT

**OPEN STUDIO:
WOD***
10:15-12PM

LUNCHTIME
12:30 The Works 30*

PM
5:30 Strength HIIT
6:30 The Works
7:15 Strength HIIT

Tuesday

AM
6:30 Total Inferno
7:20 Core HIIT

9:30 Total Inferno

LUNCHTIME
12:30 Core HIIT 30*

**OPEN STUDIO:
WOD***
1-4:30PM

PM
4:45 Total Inferno
5:35 Core HIIT

**OPEN STUDIO:
WOD***
6:30-8PM

Wednesday

AM
**OPEN STUDIO:
WOD* 6-7AM**
7:20 Total Inferno
9:30 Core HIIT

**OPEN STUDIO:
WOD***
10:15-12PM

LUNCHTIME
12:30 The Works 30*

PM
5:30 The Works
6:30 Core HIIT
7:15 Total Inferno

Thursday

AM
6:30 Flex HIIT
7:20 Strength HIIT

9:30 Flex HIIT

LUNCHTIME
12:30 Flex HIIT 30*

**OPEN STUDIO:
WOD***
1-4:30PM

PM
4:45 Total Inferno
5:35 Flex HIIT

**OPEN STUDIO:
WOD***
6:30-8PM

Friday

AM
6:00 Rogue 30*
6:30 Game On
7:20 Game On
9:30 Game On

LUNCHTIME
12:30 Game On 30*

**OPEN STUDIO:
WOD***
3-4PM

PM
4:30 Game On
5:20 Game On

Saturday

AM
8:00 Rogue 30*
8:35 Saturday Circuit
9:20 Challenge
10:00 Flexi Circuit 30*

Sunday

AM
9:00 Rogue 30*
9:30 Strength
Circuits

**CLOSED LAST SUNDAY
EVERY MONTH*

* Open Studio WODs

- Allow 30-45 mins to complete.
- Follow the **specified WOD** for that day.
- Always return equipment after use.
- All equipment must be tidied away by the end of the WOD.
- Open studio WOD's are open to VIP members only.

STUDIO OPENING HOURS

Mon - Thurs
6-10:30AM 12:15-8PM

Fri
6-10:30AM 12:15-6PM

Sat
7:50-10:30AM

Sun
9-10:30AM

** closed last Sunday of month*

Sessions

- Aim to arrive on time - for your own safety, if you miss the warm up, you miss the Session.
- Always clean up after yourself.
- Inform the trainer of any injuries or health issues **before** the Session begins.
- You're all in it together - push yourself and encourage others.
- Have Fun!

All Memberships

Free Trial Session * New Clients Only

Your chance to try before you buy. Want to see what Ignite Fitness is really like then this is the pass for you. Available for newcomers **once only** (so no using multiple email addresses!). You have 7 days to book and use this pass before it expires - book now!

bookwhen.com/ignitefitnessstudio

1 Session Pass £8.50

This pass entitles you to to one session. It will expire 30 days from purchase so don't delay - book in to avoid disappointment.

bookwhen.com/ignitefitnessstudio

1 Week Session Pass £25

This pass entitles you to attend unlimited sessions for 7 consecutive days. Expires 7 days from first session booking. Valid for 30 days from purchase so don't delay - book in to avoid disappointment. Please note this is for sessions only - no WODs are included.

bookwhen.com/ignitefitnessstudio

12 Session Pass £50 or 16 Session Pass £65

This pass entitles you to 12 or 16 sessions. Valid for 60 days from purchase so don't delay - book in to avoid disappointment. Please note this is for sessions only - no WODs are included.

bookwhen.com/ignitefitnessstudio

Ignite Fitness VIP Membership £50

The ultimate Ignite Fitness membership. VIP Membership takes care of all your needs. It includes access to unlimited sessions, unlimited access to all open studio WODs, a monthly recipe book and nutritional support. Also includes access to discounts for workshops and access to 'bring a friend for free' days. 3 month rolling contract, subject to 1 month written notice to cancel.

bookwhen.com/ignitefitnessstudio

Terms & Conditions

All participants must complete a PARQ form prior to starting at Ignite Fitness. This can be done in person at the Ignite Fitness Studio prior to your first session. Clients should inform trainers of any changes in health or injuries prior to the start of any session.

All participants must arrive 5-10 minutes prior to start time. For your own safety (to keep you free from injury) if you miss the warm up, you miss the session. Wear appropriate clothing sports wear and trainers - failure to do so may you will be refused entry to the session.

No less than 12 hours notice must be given to cancel a session or you forfeit the session; you will be able to cancel and rebook a session for a day/ time that is convenient for you, subject to adequate notice being given and session availability. Persistent or multiple cancellation will result in forfeited session passes (this is at all times at the sole discretion of Ignite Fitness).

Ignite Fitness accepts no responsibility for any loss of or damage to property while you are in/on the Ignite Fitness Studio or wider Axiom premises, nor do we take responsibility for any personal injury or accidents occurring during your therein or thereon.

We expect you to be respectful of your fellow members and training staff - we will take a zero tolerance approach to anything less, meaning you will be asked to leave if this not adhered to. We operate a supportive hard-working friendly policy at Ignite Fitness and we want to keep it that way - work hard, have fun and be friendly.

Monthly memberships will continue on a **3 month rolling basis** and require notification in writing via email to lorraine@igniteptglasgow.co.uk to be cancelled, **giving at least one months notice**.

Memberships can be frozen on medical grounds for a minimum of 1 month and a maximum of 3 - this should be requested via email to lorraine@igniteptglasgow.co.uk giving at least 1 months notice. This is subject always to the discretion of Ignite Fitness.

All sales are final. No refunds will be given for any purchase unless a refund request is based medical grounds, in which case any refund must be requested in writing as aforementioned and is subject always to the discretion of Ignite Fitness.

Your privacy is important to us. Ignite Fitness Glasgow will only use your information insofar as necessary for the purposes of delivering services to you and for some closely related purposes (e.g. client satisfaction surveys) and only ever insofar as is permitted by law. Your information is stored safely and strictly for our own means of communication with you for the administration of your membership and our provision of services to you. We communicate via email, text and social media. If you have preferred way to be contacted please let us know us by emailing us at: lorraine@igniteptglasgow.co.uk. We will only ever share your information with third parties if it's necessary and as permitted by law. We respect the safeguarding of information and privacy. Please refer to our Privacy Notice for further information.

About Ignite Fitness

Ignite Fitness Glasgow is a health and fitness training studio based around community and support. Your alternative to large impersonal gyms. We focus on building relationships with our members, offering exceptional customer service that exceeds your expectations and education designed to help you get the most from your workouts. The workouts we provide use a scientifically proven interval training method - you will work maximally for short periods followed by periods of recovery all designed to get you fantastic all-over results. We are driven to deliver the results you ultimately want but we aim to ensure that you have fun, and are encouraged, supported and educated while doing it.

The Sessions

WHAT'S IN A SESSION?

Sessions focus on getting the ultimate calorie burn and strength gains through a fusion of resistance, bodyweight and cardio exercises. Lasting 30-40 minutes and delivered in small groups of up to 12, you will be educated and instructed through each exercise under the guidance of an experienced Personal Trainer. Sessions will provide all the benefits and results that 1-1 personal training does but with group support and camaraderie to help you achieve your fitness goals.

THE SESSIONS

They say variety is the spice of life and at Ignite Fitness Glasgow we like to offer you just that. You can take your pick of 37 sessions throughout the week (7 days, Monday - Sunday), with 5 different elements on the programme. This will bring balance to your training and offer variety to keep you focused on achieving your goals without boredom setting in. Choose from:

THE WORKS

An all over body workout focusing on Lower Body, Upper Body, Core and Cardio. Split into 4 x 10 minute segments, this is a heart-pumping calorie burning balanced workout

HIIT/SPLITS

HIIT/Splits are fast and focused. We have 3 HIIT SPLITS on offer at Ignite Fitness Glasgow: Strength/HIIT - Flex/ HIIT - Core/HIIT. Fusing high-energy cardio based exercise with either strength, flexibility or core moves, each HIIT/Split brings something different to the table, and allows you to focus your workout accordingly. Try all three - you'll see what we mean.

TOTAL INFERNO

40 fast-paced minutes of cardio and resistance work targeting your strength, endurance AND power. From the moment we start Total Inferno we tackle it all together. Come start an Inferno with us.

CHALLENGE

Challenge workouts will vary each week and are designed to challenge you, be it a time trial or maybe a rep challenge. Challenge sessions are great indicators of personal gains. so you can use them as bench-marks to help keep you on track with your fitness goals.

SATURDAY CIRCUITS

A mix of your favourite moves from the week from Dumbbell work to Ropes. 10-14 stations aiming for 2 rounds, you will work individually or in pairs to complete the workout. Start your Saturday right with this little peach of a session.

GAME ON

Fitness doesn't have to be serious all the time, (where's the fun in that?!). Game On brings the fun - you'll exercise hard without even realising it. Monopoly anyone.....?

ROGUE

Go Rogue with Ignite Fitness. Rogue are 30minute sessions that will see us leave the Ignite Fitness Studio to focus on some outdoor covert operations. From a Clydeside rat-race workout to 1 mile challenges or sprints, Rogue sessions are suitable for all levels. Despite it's name, there really is nothing to fear with Rogue sessions - you will be guided and supported through no matter your level. Go Rogue - you really will love it.

www.bookwhen.com/ignitefitnessstudio

OPEN Studio WOD

At Ignite Fitness Glasgow we understand that work commitments, social engagements and even long lies are ALL part of life and might mean that you can't make it along to a scheduled session. So to help you get in those all-important workouts, you can come along to the Ignite Fitness Studio to do the Open Studio Workout of the Day (WOD).

Throughout each day you can pop into the Studio (when sessions aren't on) and do the WOD that's been prepared by Ignite Fitness Glasgow. A WOD will usually take around 30-45mins and will be written up in the Studio with visual cues to keep you right. Don't worry - there will always be a trainer there to offer advice and assistance should you need it. Ignite Fitness Open Studio WODs give you the same great workout at a time that suits you if you can't make it to another Ignite Fitness Session - so there will never be a reason not to train. For Open Studio WOD times, see the Schedule. You don't need to book in (that's the beauty of the Open Studio WOD). Come along and try one - you won't regret it.

Open Studio WOD Rules:

- Allow **30-45 minutes** to complete the WOD.
- Follow the **specified WOD** for that day (no deviations, unless you're injured, in which case we'll give you modifiers).
- **Never skip the warm-up.**
- Always return equipment after use.
- Tidy up after yourself.
- WODs are open to Ignite VIP Members only - so get involved!

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