

Circuit Training 2018-19

Report for Rec Soc AGM, 16-Apr-2019

Andy Smith

Note: as we are not officially a club we have no formal accounts, records etc.

Introduction

The Circuit Training class takes place on Mondays at 12:00 in the Rec Soc Sports Hall. There is an external instructor, Ema-Louise Ralson. The class costs £4.

The class includes a variety of different exercises, starting with a warm-up of 5-10 minutes. The main circuit takes about 35-40 minutes, moving from one exercise to the next, usually for 1 minute per exercise. Most exercises are individual but sometimes we work in pairs. We use various items of exercise equipment including hand weights, steps, trampettes and skipping ropes, as well as some exercises requiring no equipment such as squats, press-ups etc.

This class provides a range of health benefits with different exercises focussed on cardio-vascular training, muscle toning and core strength. The class should be suitable for almost anyone, as people are free to exercise at their own pace.

Attendance in 2018-19

There are approximately 15 regular attendees, but typical weekly attendance for the last year has been between 6 and 10. A recent "free trial" promotion brought in a couple of extra people who have continued as regulars.

Most attendees are men, with a small number of women. Ages range from early 20s to late 50s.

There has been some disruption recently as the instructor was unavailable for a few weeks. A small number of us continued to use the session and equipment with no instructor. Breaks like this can result in a slight drop-off in attendance when the class re-starts, but hopefully that is temporary.

The recent move to 12:00 starts has also meant that some people don't make it because of over-running meetings etc. One or two people who used to come to Circuits have also switched to Boot Camp. My impression is that people find the shorter session at Boot Camp a bit easier to fit into their working day.

The cost was last increased in Sept 2015. All money received is collected by Andy Smith and handed to Joe Moxon for banking every 2-3 months.

Problems or issues

No serious problems at the moment.

The level of attendance is a continual minor problem as mentioned above.

We had a recent case of one of the exercise steps being removed from the Sports Hall, as reported to Rec Soc officials. Joe Moxon is in the process of buying replacement steps, which is very welcome as the old steps were showing some wear and tear.

The instructor was away, recovering from surgery in March and April 2019. Full classes will re-start on Mon 29th April.