



FITTLIFE IS GETTING BACK INTO SHAPE THIS AUTUMN

COME AND JOIN IN AND DO THE SAME



FITBIRDS BOOT CAMP
NO SISSIES ALLOWED!



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Hey Girls.

Well, there really are no excuses now! There's definitely something for everyone. The Breakfast Bombers has been reinstated by popular demand but, don't let the name put you off, as it is for mixed abilities. In addition, for those who can't run, don't run but secretly want to, there is a

NEW ABSOLUTE BEGINNERS CLASS

It's the perfect start for your friends who have been admiring you and your achievements but have to get on with it themselves. Or maybe you've been out of the frame for a bit for whatever reason, but are looking to start up again.

Twilight Toners and Fitter Fridays continue as per the past year.

But that's not all...

Fittbirds are gonna get down and dirty with the launch of the

FITBIRDS BOOT CAMP—No Sissies Allowed!

This is suitable whatever your fitness level as you work at your own pace. It's a super all round fitness session and will be held on the Welwyn Garden City Rugby Club field. It'll be hard work but I guarantee a lot of fun as well as mud, sweat and tears (of laughter of course!).

So can you come along girls? Do you know someone who might be interested? It would be fabulous if you can spread the word.

We've also got the annual festivities...

Christmas Light's Run—Tuesday 13 December 7:45pm Gosling Stadium Car Park

An atmospheric twinkling running experience which will have you believing you can hear the sleigh bells. Fittbirds will be taking in the most impressive Christmas illuminations of Welwyn Garden City. Festive dress required! Everyone welcome. Carol singing possible.

Festive Soiree—Monday 19th December 7:30pm Time to dress up. That's right...

no exercise in sight, just lipstick, drinks and nibbles at Miss Fitt's palatial pad (3 Downfields, AL8 6XR). It's a bring and share occasion so the food should be good. Do come along even if you've been absent for a while as it's lovely time to catch up.

Festive Family Fun Run—Post Christmas Greenway Challenge—11am Wednesday

28th December. Most of you know the form by now and wow, what a turn out we had last year. Range of distances to suit everyone from 3-10k. Warming boozy refreshments and mince pies at the Greenway Bar. Family, friends, neighbours and acquaintances welcome. Entries £4 per adult, £2 per child, family entry £10 (2adults/2children), 50p for well behaved animals. Medals and snacks for the kids.

And remember girls...

Plenty of layers, hat and gloves as we head towards winter.

Spread the word and commit to your Autumn fitness regime.

Get a head start for the New Year.

SUZY

Looking forward to working with you all.



The Programme—November/December 2011



Breakfast Bombers Monday @9:15-10:30am (intermediate runners) Programme Cost £28

No.	Date	Time	Meeting point	Location/Session
1.	31st October (Mon)	9.20am	The Red Lion AL6 9AG	Easing back in
2	7th November (Mon)	9.20am	49 Bishops Road, AL6 0NP	Fartlek
3	14th November (Mon)	9.20am	Ayot Greenway Car Park	Pyramid
4	21st November (Mon)	9.20am	The Waggoners AL6 9AA	Scenic plus 6 x 30s
5	28th December (Mon)	9.20am	The Red Lion AL6 9AJ	Efforts
6	5th December (Mon)	9.20am	Ayot Greenway Car Park	Scenic
7	12th December (Mon)	9:20am	Red Lion Car Park AL6 9AJ	Hills and more

BREAKFAST BOMBERS
MONDAY



Absolute Beginners Monday (First time runners—back to basics) @ 10.45am-11:45am Programme Cost £25

No.	Date	Time	Meeting point	Location/Session
1	21st November (Mon)	10.45am	Campus Car Park - Far Corner	Getting Started
2	28th November (Mon)	10.45am	The Red Lion Car Park AL6 9AJ	The Woods
3	5th December (Mon)	10.45am	The Red Lion Car Park AL6 9AJ	A little more
4	12th December (Mon)	10.45am	The Waggoners Car Park AL6 9AA	Brocket Grounds

ABSOLUTE BEGINNERS
MONDAY



Twilight Toners Tuesday 7:45pm-9pm (mixed ability) £28

No.	Date	Time	Meeting point	Location/Session
1	1st November (Tues)	7:45pm	The Red Lion Car Park AL6 9AJ	Off Rd Night Run
2	8th November (Tues)	7:45pm	Gosling Stadium Main Car Park	Road—Rep work
3	15th November (Tues)	7:45pm	Digswell Pony Club Car Park	Off Rd Night Run
4	22nd November (Tues)	7:45pm	Red Lion Car Park AL6 9AJ	Road—Hilly
5	29th November (Tues)	7:45pm	49 Bishops Road, Tewin, AL6 0NP	Off Road Night Run
6	6th December (Tues)	7:45pm	The Crooked Chimney, AL8 7XE	Pyramids
7	13th December (Tues)	7:30pm	Gosling Stadium Car Park	Xmas Lights Run

TWILIGHT TONERS
TUESDAY



Fittbirds Boot Camp Wednesday 9:30am-10:30am (all fitness levels—field based) £20

No.	Date	Time	Meeting point
1	23rd November (Wed)	9.30am	WGC Rugby Club Car Park
2	30th November (Wed)	9.30am	WGC Ruby Club Car Park
3	7th December (Wed)	9.30am	WGC Rugby Club Car Park
4	14th December (Wed)	9.30am	WGC Rugby Club Car Park

FITBIRDS BOOT CAMP
NO SISSIES ALLOWED!

BOOT CAMP
WEDNESDAY



Fitter Fridays 9:30am-10:30am (mixed ability) £28

No.	Date	Time	Meeting point	Location/Session
1.	4th November (Fri)	9.30am	The Crooked Chimney, AL8 7XE	Easing back in
2	11th November (Fri)	9.30am	The Red Lion AL6 9AG	The Woods
3	18th November (Fri)	9.30am	Home Wood, Old Knebworth	Scenic plus 6 x 30s
4	25th November (Fri)	9.30am	Ayot Greenway Car Park	Pyramid
5	2nd December (Fri)	9.30am	The Brocket Arms, AL6 9BT	Efforts
6	9th December (Fri)	9.30am	The Waggoners, AL6 9AA	Scenic
7	16th December (Fri)	9:30am	The Red Lion Car Park, AL6 9AG	Christmas Cracker

FITTER FRIDAYS
FRIDAY

MORE DATES FOR THE DIARY

13th December Christmas Lights Run - 7:45-9pm (Tues) Gosling Stadium Car Park
19th December Soiree (strictly no exercise) Bring and share. 7:30pm (Mon) 3 Downfields, AL8 6XR
28th December Festive Family Fun Run—11am (Wed) —Ayot Greenway

Remember...
If it ain't raining it ain't training!
Embrace the weather Girls.

