

# GET THE MOST FROM YOUR TRIAL CLASSES

## Our top #4 recommendations



### 1. Book All 3 Classes At Once ✓

And stick to your commitment like a boss 😊 Remember, you can always cancel your booking if you can't make it because you're stuck at work...

### 2. Attend Your 3 Trial Classes In The Same Week ✓

You'll see first-hand just how DO-ABLE it is to attend 3-5 FitFirst classes per week.... and this will reduce your stiffness by breaking down the lactic acid.

### 3. Enjoy A Variety Of Classes ✓

These are our #3 Recommended Classes to book:

#### #1 Core Class in FF Original

Our 30 minute core classes will **bolster and chisel your core**, working abs you didn't even know you had!

#### #2 Boxing Class in FF Combo

Had a rough day? **Box out your frustrations** in our 30 minute boxing classes.

We have gloves and (surgical gloves for hygiene) for you to borrow.

#### #3 Legs Class in FF Strong

Friends don't let friends skip leg day, right?! Our 30 minute HIIT leg classes will **tone, sculpt and strengthen** any pins!

### 4. Arrive 10 Minutes Early ✓

And meet your friendly coach before your class starts. This is a great opportunity to chat to them about absolutely any questions you may have.

**Remember, we want you to enjoy working out more than ever before!**

