

HIIT Sessions

Clare Everest has kindly offered to let our swimmers integrate with her current classes/members

Anyone wishing to join will need to register with her club (parent not child) online by using the link <https://everestfitness.clubright.co.uk/register>

Once registered you will need to download the clubright app (it is orange in colour) and from the app you will be able to book onto the classes.

The classes are £6 each or you can buy 10 classes for £50, class credits can be purchased via the app. whilst you will be able to do any of the classes I would recommend any of the HIIT, Pilates and Yoga. A list of the classes can be found on the app, there are two HIIT classes a week and over 18 classes in total. Once booked onto a class, the parent will receive an automated email with a zoom link that is unique to the class booked for that date. It is important that the parent takes responsibility for their child during the session. The sessions are suitable for swimmers in D1 and above.

The HIIT sessions will be on a Wednesday at 6pm and Fridays at 4.30pm