

Zest-LiveStrong Frequently Asked Questions



Can I try a class before committing to a membership?

You are very welcome to come and join us for a class and have a chat with Anna about the rest of the membership program before committing. You can book a free trial class here [Find and book fitness \(gymcatch.com\)](https://www.gymcatch.com)



Do I have to complete my food diary as soon as I join?

Not at all, you can complete it whenever it feels right for you or not at all if you don't want to. You will receive it as soon as you join as a member but it's up to you when, or if you complete it.



Can I cancel my membership anytime?

Yes, we just ask you give us 4 weeks notice.



I feel I may have left it too late to start a fitness programme

It's never too late! Even in our more middle years we can still make good fitness gains. It may take some time and consistency, but you can only feel better for exercising.



I have never done exercise or a fitness class in my life!

Don't worry, you don't need to have undertaken any training beforehand, you just need to ensure you have the right clothing and bring water with you to class. Your instructor will be very experienced at designing the workout to ensure no one gets left behind or made to feel like the odd one out.

Zest-LiveStrong Frequently Asked Questions



When can I join the WhatsApp group - it looks great!

Once you are a bronze, silver, gold or platinum member you will be invited to join the group, there is a list of scheduled themes and activities on the website www.zestlivestrong.com.



Do I need to be fit? I can't even run for a bus!

Not at all, Zest-LiveStrong is suitable for all levels and abilities. Crossfit classes are scalable for everyone so it doesn't matter if the person next to you is experienced and fitter than you, you can complete the class at your own level.



Do I need to wear any special clothes for class?

You need to wear appropriate footwear to both indoor and outdoor classes i.e. trainers, for Crossfit classes you need completely clean trainers that haven't been worn outside since they were last cleaned. As you come through the door you will see a shoe rack immediately. Change into your indoor trainers here and leave your outside shoes on the rack. We recommend wearing exercise clothes that you can move in feely and a supportive sports bra. Layers are a good idea, it's surprising how quickly you will warm up once we get moving - even in cold weather. Waterproofs can also be useful for outdoor classes.



Do we still come to the outdoor class if it's raining?

Yes! The only time we cancel a class because of the weather is where there is an element of danger - this is most likely to be high winds or ice.



But I'm still not sure.....

We suggest you come for a trial - what's the worst that can happen?

Handy To Know....

1. Classes run 50 weeks of the year with a shut down for two weeks at Christmas.
2. Classes do not run on Bank holidays.
3. If you miss a class you can make it up within 4 weeks of the missed class by coming to another class. These need to be booked by Anna or Kathy.
4. If you are travelling/holidaying for more than a month you can suspend your membership for the duration.
5. I promise to endeavour to arrange cover for any classes I am not able to take, if I am unable to teach a class for more than one day in a row I will arrange some form of compensation.
6. If you should be unlucky enough to have an injury or illness that is going to last more than 2 weeks you can suspend your membership for the duration.
7. You can complete a new food diary every 6 months.