

Summer 2018

Fitness advice to guide you on your journey

5 Day Boot Camp

Come and join in! It's scientifically proven that physical activity and spending time outside is good for your mental health. We've combined both with our outdoor Boot Camp sessions. Join in this July 9 – 13, 6pm – 7pm. Boot Camp helps you be consistent with your training and achieve the results your hard work deserves. Full members get Boot Camps for free, whilst other members pay just £10 for the week of sessions. Participants with 100% attendance earn a cap courtesy of thePoint4. Know a friend who isn't a member? They can join in too, it's just £20 for the whole week.

thePoint4Lifestyle

New Fitness Manager @ thePoint4

"Hi everyone, I'm Dan Barker and I'm delighted to be thePoint4's new Fitness Manager.



I've lived in Herefordshire all my life and been in the fitness industry for 9 years. I first discovered my passion for fitness at Kingstone High School where I applied myself to different sports. At Hartpury College I achieved Extended Level 3 Diploma in Sport and Fitness, Level 2 Gym Instructor, Level 2 Indoor Cycling and Level 2 Circuit Instructor.

In addition, I achieved Level 3 Personal Training and Level 2 Exercise to Music during my time at both public and private sector gyms, whilst also establishing myself as a Personal Trainer. You might even have spotted me boxing at amateur level – I was lucky enough to feature on Hatton TV. I consider myself very fortunate to become the new Fitness Manager at thePoint4. For me, the opportunity to make an impact on people's lives is very motivational and it's a privilege to help people achieve their goals. In addition, I'm proud of RNC's vision "for every person with a visual impairment to have true equality". I'm really excited to support the students with their fitness aspirations and ambitions.

Refer a Friend

Training with a friend really does have its advantages. It's proven to stop you skipping sessions for fear of letting your partner down, you work harder as you've always got someone giving you the encouragement to keep on going and (in some cases, and certainly mine) you've got someone to moan to about how terribly hard it all is. We know how important friend support is and so we reward any member who refers a new member. Prizes range from gym towels to Personal Training sessions. For more details head to Reception, to find out more.

Contact Us

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My two main areas for focus are to improve the gym equipment and further enhance the group exercise programme. I'm keen to develop fitness and well-being seminars and workshops, so look out for information around thePoint4, in the newsletter or through our social media channels. I'll also be reviewing Boot Camp and welcome your feedback for future sessions.

I would like to thank Ben for all his hard work over the years. He's truly done an awesome job and has developed a fantastic fitness team with a great reputation. I'm really looking forward to having the pleasure of work alongside them.

I am really keen to get to know all of you and look forward to being a part of your fitness journey. If there is any feedback you would like to give me on our current group exercise programme or the gym please come up and say hello or contact me Daniel.Barker@rnc.ac.uk.

Student Summer Fitness

We're offering a great deal this Summer for all students. Discounted membership is available for a limited time.

3 weeks £20

6 weeks £30

9 week £40

June – August 2018

Full access to Gym, Spa and Group Exercise Classes. Available to all NUS card holders and young people ages 14+.

Huge thanks to everyone who took the time to complete our recent survey. We are currently collating all of the responses and will be communicating the findings and actions as soon as possible. In the meantime, many thanks for your continued support – it is greatly appreciated.

