



Customer Proof Checklist

We're really excited about printing your order and we want to make sure it's as perfect as it can be. It is your responsibility to check that all your proofs are correct.

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> Every file goes through our technical, 12-point check and we will notify you of any issues. But, **it is really important** that you check your proofs carefully too, because once you've approved it, we will not accept responsibility for any errors or omissions.

YOUR PROOF(S) ARE ON THE FOLLOWING PAGE(S)

Top Tips

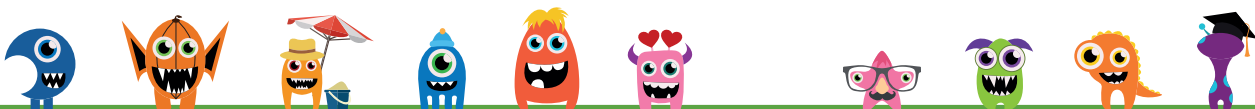
- > We will always send you high resolution proofs unless otherwise stated.
- > We ask that you **do not** judge the colours by the way they appear on-screen, especially on mobile devices.
- > **To check image quality, view the PDF on a computer & zoom in to 150% on-screen.**

Are the following correct?

- Spelling and grammar
- Web & email addresses
- Address & postcode
- Telephone numbers
- Dates
- Social media identities
- Image quality (use our top tips)
 - Company details; registration numbers, dates, small print, job titles, industry relevant wording etc



Approval: Once you are happy with everything, simply reply to this email confirming that you would like to proceed with your order and we will do the rest for you.



Still need our help?

If you would like to talk through your proof or have any changes you would like to make, please call the Print Angels on **01332 418377** or reply by email.

World Class Group Exercise & Personal Training

Zestfit

Your vital fitness ingredient

All classes are £5.00 Drop-in or Unlimited Classes are £35 per month. No booking or contract required, just simply turn up, we would love to see you!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30-10.15am Strength is Beautiful	9.30-10.15am Girls get Strong	9.30-10.15am ZUMBA Strong	9.30-10.15am HIIT the Weights	9.30-10.15am Calorie Circuit Training	9.00-9.45am Total Tone	8.30-9.15am Sunday Sessions (vary weekly)
6.00-6.45pm ZUMBA Strong		6.30-7.15pm Rep & Rip	6.00-6.45pm Total Tone	5.15-5.45pm ZestHIIT		
6.50-7.20pm Insanity	7.00-7.45pm Total Tone		7.00-7.45pm Z List Circuits	6.00-6.45pm Shaggy's Circuit Training 6.30-8.00pm Prosecco Fridays		

Every 6 weeks

We are all about #strongnotskinny
Helping people feel awesome!

All 9.30am classes are baby and child friendly for you to train and not worry about childcare.

07886 408 418
Zestfit.co.uk



Zestfit Boutique Training Studio
Perkins Yard, Mansfield Road, Derby DE21 4AW

All abilities welcome.
Low options are given every class.

Zestfit
Your vital **fitness** ingredient

“No one gets judged on a low option”
(one of Kat’s favourite sayings!)

Strength is Beautiful: A bodyweight focused class using pilates and yoga training methods to help gain that lovely feminine toned look - perfect to compliment your cardio training.

Total Tone: Zestfit’s Owner Kat’s trademark class. The class you can’t get enough of! Female only. Mixing cardio and toning in a fast-paced environment. Awesome music, awesome atmosphere and awesome results! This class targets those female trouble zones like no other. All levels welcome.

Rep & Rip: A weighted class using slower controlled movements, mixing it up with high reps and a small dose of cardio!

Insanity: It’s the revolutionary, cardio based, calorie-torching, shirt soaking workout based on the principles of max interval training, delivering INSANE results!

Z List Circuits: Zestfit’s own creation, a no-nonsense circuit style format. It’s gritty, not for the fainthearted and brutal. **Warning:** Strictly for over 18s only due to the nature of the class.

HIIT the Weights: An intense, fat burning class that focuses on all over body including elements of HIIT training, toning and cardio. Focusing on working on intervals of 45 seconds. A class designed to challenge you - mixed abilities.

Girls get Strong: A circuit based class focusing on strength training, toning and focused ab work. A great introduction to weights and the importance of why we weight train. All abilities welcome.

Calorie Circuit Training: A skip circuit class incorporating boxing, focusing on your own M.O.T body test. Weights endurance for those who want it. Technique and breathing work.

ZUMBA Strong: Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

ZestHIIT: A no-nonsense Friday teatime class focusing on interval training techniques. Only 30 minutes but it will certainly pack a calorie punch! Get it done. No excuses. ALL abilities welcome.

Sunday Sessions: A mix up of different classes by different instructors each week - You never know what you’re going to get! one week it might be Zumba HIIT the next week it might be circuits. Ask one of the Zestfit Trainers who can tell you what’s happening each week. Variety is the Zestfit way!