

# absolutely fabulous

creating fantastic females

## outdoor workouts frequently asked questions

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1. Where do we meet and park?

### Events Field, Cantley Park, Wokingham

- ◆ Park in the car park on the right hand side near the Wokingham Theatre, it's free.
- ◆ The workouts will be in the field behind the theatre.

2. What do I wear?

- ◆ Proper trainers – with a sensible tread on them, if the grass is wet it could be slippery.
- ◆ Wear clothes you can exercise and move around in such as tracksuit bottoms, shorts, leggings, t-shirt, sweatshirt etc
- ◆ Layer up so that you don't get cold in the winter and bring a lightweight waterproof jacket in case it rains.

3. What else should I bring?

- ◆ **£5 for the session**
- ◆ **Bring water to drink** so that you don't get dehydrated
- ◆ A small towel
- ◆ Something to lie on if the grass is wet when we do ab exercises something like an exercise mat, ground sheet, bin liner, picnic blanket with a plastic backing etc.
- ◆ Any personal belongings you bring with you will be your responsibility – we won't be moving huge distances, but you never know who's around!

4. What happens when it's bad weather?

- ◆ If it rains don't worry about it, we might get a bit wet – there are trees we can workout under if the rain is really heavy. The most important thing is you don't get cold, go home straight afterwards and have a hot shower!
- ◆ In extreme weather conditions workouts might have to be abandoned or cancelled, but we will try and have all your mobile numbers to contact you, or you can call or text us.
- ◆ We will definitely **NOT** workout when there are thunder and lightening storms!

5. Will I get muddy?

- ◆ You might! If the ground is really bad, there is a tarmac area at Cantley Park we can have just as much fun on!
- ◆ May be bring a spare pair of shoes to drive home in, so that you don't get a muddy car.

6. What happens when it's hot?

- ◆ Wear cool clothing, bring lots of water, don't forget to put on sunscreen and wear a hat.
- ◆ As the workouts are at either in the early morning or evening (May to September) it shouldn't be too bad, but we will exercise under the shade of a tree to keep cooler.

7. How do I pay?

- ◆ Preferably £5 in cash
- ◆ If you do pay by cheque, it should be made payable to **Rachel McGuinness**

**8. Do I have to be fit?**

- ◆ No, it's our job to help you get fit!
- ◆ You work at your own pace, but we will give you encouragement to push you a little harder if you want.
- ◆ You will be asked to fill out a [pre-exercise questionnaire](#) so that we are aware of any health conditions or existing injuries you may have. You must make us aware at the beginning of a session if you have any new health conditions since completing the form.

**9. Are there loos and changing facilities?**

- ◆ **Events Field, Cantley Park, Wokingham**  
No changing facilities, and technically no loos, in case of emergency we are going to chat to the grounds man to see if we can have access to the loos in the club house. On Saturdays the loos should be open.

**10. Can I bring my kids?**

- ◆ During the August workouts, the minimum age to be able to participate in the workouts is 14 years old.
- ◆ If you bring small children or babies to the term time workouts, they will be your responsibility as we do not offer any child care.

**11. Can I exercise if I'm pregnant?**

If you're used to exercise and have no known complications – please do so, but gently and at your own risk.

**12. Can I exercise if I've just had a baby?**

- ◆ If you had a normal birth you should wait **6 weeks** until you start exercising again.
- ◆ If you've had a C-section then you should wait at least **12 weeks** before starting gentle exercise.

**13. Can I bring my dog?**

No, sorry - humans only!

**14. Important miscellaneous stuff**

- ◆ The ground may be uneven in places, so please watch your footing for mole hills and dips. If you do injure yourself during a workout, we are qualified first aiders, however Absolutely Fabulous or the relevant councils responsible for the land cannot be held liable for any damage or injury.
- ◆ The areas we choose are supposed to be dog poo free, please scan the area just in case!
- ◆ Absolutely Fabulous or the relevant councils cannot be held responsible for any loss or damage to your property.
- ◆ Please do not leave any valuables in your car.