



TRAIL FIT CLUB 2019



Weekly Circuit Training

- ✓ Circuit sessions designed specifically to build strength and stamina needed for long hiking days and carrying extra weight - giving you more energy on the mountain, increasing stability and your recovery rate.
- ✓ Fun training sessions with a great bunch of international ladies.



Circuit training- Mondays
5:30 – 6:30pm
 Evolve Fitness Munich
 Theresienhöhe 1
 80339 München

www.evolvefitness.de

*When the weather permits, circuit may be outside.

Monthly Guided Hike

- ✓ Further build your fitness levels and confidence to hike longer distances and ascents in Alpine terrain
- ✓ Explore and discover more about the mountain environment
- ✓ Extend your outdoor hiking skills to prepare for further outdoor adventures in the Alps.



Traveling to and from hikes:
 Travel via public transport from Hauptbahnhof - organised via group in WhatsApp chat.

Hut Tours

- ✓ Get further off the beaten track and experience the Alpine mountain culture in overnight stays in traditional mountain refuges
- ✓ Sense of accomplishment as you reach the peak of each round!

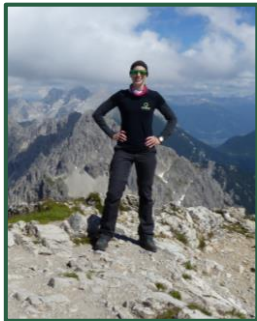


ABOUT US



four elements
challenge, explore, discover

We are passionate about the power of the outdoors and fitness on personal well-being! We believe that this combination of regular fitness training and active days in the mountains is the perfect way to achieve and sustain overall fitness and health- both physically and mentally. The company of like-minded international ladies is the icing on the cake!



Danielle Curzadd Fitness trainer, Evolve Fitness

Originally from Texas, USA Danielle is a passionate skier and hiker who in between her full-time work as a personal trainer, likes to get outdoors and into the mountains at every opportunity. There's no hiding from Danielle in a circuit- its sure to be fun and you will feel your efforts.



Ceri Temple Hiking guide, 4elements

A British outdoor enthusiast, who has spent years working and playing in the Alps. Ceri has a passion for mountain sports, experience in winter and summer mountaineering and is a certified Alpine hiking guide, as well as ski instructor and outdoor educator. She always manages to find something to make a tour special.



Dates 2019

	Circuits @Evolve Fitness	Day Hikes	Hut Tour
Round 1	April 8, 15, 29, May 6, 13, 20, 27 June 3, 10, 17	<ul style="list-style-type: none"> 28th April 19th May 2nd June 	22 nd -23 rd June, Chiemgau (2 days, 1 night)
Round 2	July 15, 22, 29 Aug 5, 12, 19, 26 Sep 2, 9, 16	<ul style="list-style-type: none"> 28th July 31st August 15th September 	20 th – 22 nd September, Karwendel (3 days, 2nights)

Prices

*Earlybird offer valid on bookings until Fri 5th April

	Circuits only	Hikes & Hut Tour only	All inclusive (Circuits, Hikes & Hut Tour)
Round 1	€179	€315	€430 €415*
Round 2	€179	€410	€535 €510*
Rounds 1 & 2 SPECIAL			€930 €900*

Included:

- ✓ 10 weeks/ round small group circuit training with tailored programme
- ✓ 3 guided day hikes/ round
- ✓ Guided hut tour/ round (Round 1: 2 days/ Round 2: 3 days) including overnight stay in mountain huts (where possible in 4-6 bed rooms), plus breakfast and dinner
- ✓ Resources (Equipment lists, maps etc) for hikes
- ✓ Access to group facebook and whatsapp group and tour photo albums.

Not included (please ask if you need any advice):

- Lunches, snacks on tours (can be purchased en-route)
- Drinks
- Personal insurance (travel insurance and personal accident insurance)
- Travel to/from tour start/end points