

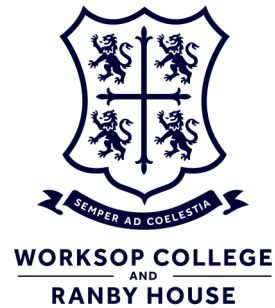
Workshop College's

FAMILY FITNESS FUNDRAISER

Sponsorship Opportunities



WORKSOP COLLEGE
AND
RANBY HOUSE

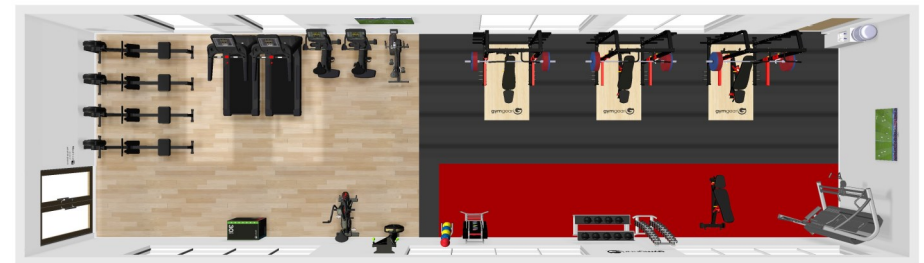
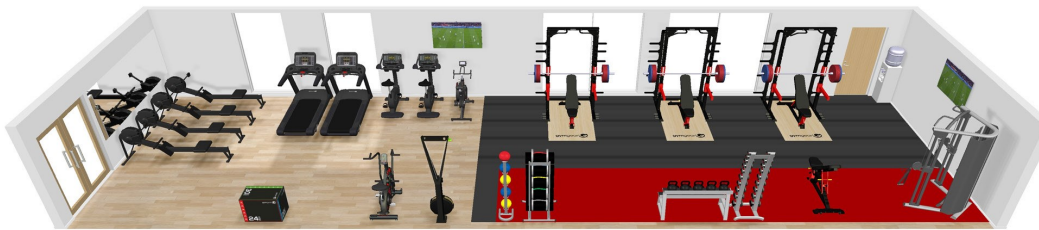


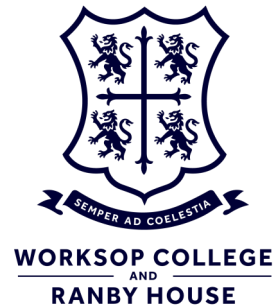
January will see the launch of our first ever Family Fitness Fundraiser, a school-wide initiative to raise funds for the development of a brand new multi-purpose gym facility.

We want to create a space that is inspiring. A space that will set us apart and allow our students to reach their full potential. New equipment such as lifting platforms with power racks will allow exposure to a fully comprehensive strength and conditioning programme, tailored to each individual's needs.

Our new equipment will focus on plyometrics, speed and agility, endurance and core stability. The expansion of the training area will allow us to widen the type of exercises we are able to offer and help us to improve the fitness, body composition and overall performance of our students, all whilst reducing the risk of injury.

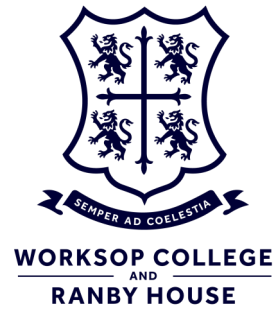
The prospective gym facilities





There are a number of ways you can support this project:

- 'Buy a brick' - we want to recognise those who will help us achieve our goal, so for every £25 pledged, the pledger will be invited to see their name on our Legacy Wall located in the new gym. A wall filled with the names of those who helped us get there - this will be a permanent legacy
- Exclusive naming rights to the new facility with branding and signage opportunities included—to be discussed on an individual basis
- Purchasing a piece of equipment (see following pages for further information)
- Silent auction —at the end of the month we will be holding a silent auction and would be very grateful for any donations



x 2 T98 Treadmill—£3,134each

A heavy duty and reliable machine, ideal for heavy usage. The feel of the machine whilst running has been rated as the best in the industry and this is supported by the high level of machine specification.



x 2 C97 Upright Bike—£1,273 each

The comfortable riding position supports both a general workout through to a high intensity session



x 1 Tornado Airbike—£808

A perfect tool for intense cardio workouts, or more gentle workouts and rehabilitation. The unique air resistance is channelled through the dual action system to both the arms and legs providing a total body workout. The faster you pedal, the greater the resistance.



x 1 Ski Erg—£680

The Concept II Ski Erg makes the sport of Nordic skiing available to everyone, long recognised as delivering one of the toughest workouts around. Nordic skiing develops both strength and endurance and exercises the legs as well as the arms and core.



Elite Series, Dual Adjustable Pulley—£2,087

Twin weight stacks and adjustable pulley positions allow for a range of movement and training options.



x 3 Sterling Series, Half Power Rack—£1,041 each

The Concept II Ski Erg makes the sport of Nordic skiing available to everyone, long recognised as delivering one of the toughest workouts around. Nordic skiing develops both strength and endurance and exercises the legs as well as the arms and core.





x4 Sterling Series, Multi Adjustable Bench—£343 each

Twin weight stacks and adjustable pulley positions allow for a range of movement and training options.





Additional equipment required.

Quantity	Product Description	Cost
12	10kg Medicine Ball Set & Rack	£200
15	25kg Powerbag Set & Rack	£300
14	24kg Rubber Kettlebell Set & Rack	£300
1	Soft 3 in 1 Plyo Box	£150
12.5	25kg Rubber Dumbbell Set (10 Pairs)	£800
1	10 pair Vertical Dumbbell Rack	£200
3	Oak Lifting Platform	£730
4	Adjustable Bench	£350
3	Premium 7ft Olympic Bar	£110
2	Olympic 6ft Hex Bar	£110
3	7kg Aluminum Olympic Training Bar	£100
8	Olympic Clamp Collars (Pair)	£12
8	25kg Rubber Coloured Bumper Plate	£100
8	20kg Rubber Coloured Bumper Plate	£70
8	15kg Rubber Coloured Bumper Plate	£50
12	10kg Rubber Coloured Bumper Plate	£35
12	5kg Rubber Coloured Bumper Plate	£20
6	2.5kg Olympic Lifting Technique Plate	£20
	Gym Flooring	£2,500

Worksop College's

FAMILY FITNESS FUNDRAISER

**For more details contact
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