

JBFIT

MORE THAN A CLASS

First Session Free!

Whether you want to see the numbers drop on that scale, conquer a half marathon, or improve your physical fitness and well-being, this class is for you!

Everyone's here for the same purpose

No matter your story or pace, you are welcome here.

All fitness levels are catered for, tailoring and adjusting exercises to meet your needs.

All you need is the vision for a happier, healthier you and I will guide you every step of the way.

I won't shout like an American drill sergeant...

Instead, **I'll motivate and inspire you using fun, safe and effective methods.**

Stronger together

Ever felt like giving up when chasing your goals?

And you cave in, knowing that you could have given more.

At JBFIT, you may want to give up at times.

But you're **surrounded by like-minded people** there for the same reason as you, creating a supportive team atmosphere.

With encouragement from the group, you can ward off the temptation of quitting whenever it comes.

Fitness is boring...

I understand how repetitive and tedious fitness can be.

But it doesn't have to be like that.

Rather than being in a stuffy, serious, crowded gym, going through the motions on machinery, we stay active while having a laugh and enjoying ourselves in the great outdoors!

This way, fitness isn't a chore, like coming home from work to a tower of dishes stacked on the side.

Consistency comes naturally when you train with a smile on your face.

This means you can accomplish the goal you've always had in mind but always thought was out of reach.

So it's going to be easy?

I never said the sessions weren't challenging.

They feature cardiovascular exercises and full-body workouts targeting all types of physical fitness.

But the hardest part is lacing your shoes and heading out the door.

Once you're out in the fresh air, you'll never regret smashing a session and being rewarded with a surge of confidence that you carry around with you everywhere you go.

Don't have the time?

Unfortunately, life gets in the way of improving or even maintaining our health, with responsibilities and worries always at the forefront of our minds.

But our health is crucial, affecting everything we do.

Even if you join us at JBFIT once a week, dedicating just one hour a week to your well-being, you can...

Unplug from the world, get into shape and clear the clutter in your mind from daily life.

Sessions

How we get fit, stay fit and have a good time while doing it.

We always work out as a unit, with everyone active and involved.
Each session is unique, so you're kept on your toes.
From playing lighthearted fitness games to Pyramid Circuits, but you'll learn more about this later.

I designed the class for everyone.
Regardless of where you're at right now, you will fit into my coloured system:

Blue = Beginner Red = Intermediate Gold = Advanced

This is a way to categorise fitness levels. There's nothing relating to the colours themselves.

One of the core values at JBFIT is working out collectively, but everyone has different limits...

Whatever one you fall into, the only thing that changes is the volume or variation you do an exercise at.

This means the group remains as one, but each member faces a challenge fit to them.

What's completed in a session?

Each session starts with a 10-minute warm-up to get the blood pumping.
A 40-minute main theme and a 10-minute cool down to get your body ready for home.

Potential session themes:

High-intensity interval training - TABATA, EMOM

Strength training

Every minute on the minute,

Fitness games made by myself, like rolling the dice.

Boxing

Circuit workouts - Using body exercises or equipment like ropes, tires and sledgehammers.

You can find the themes for all sessions in our monthly training schedule in [Where they are going to be found on the website]
So you'll know the theme, but that's all until you band together with the group and start to hurdle the obstacles I throw your way.

Have a specific goal in mind?

Then, you can tune into the themed sessions that benefit you most.
But this isn't necessary, as all sessions result in a full-body workout.
With a small group approach, I can focus on you and ensure your form is always correct, maximising your results and bringing you closer to that goal.

Will I fit in?

There's no judgement at JBFIT.
People from all ages and abilities attend.
The group is incredibly welcoming as they've been in your shoes, joining a session for the first time.
Rest assured, you'll be settled into the JBFIT Family in no time.

Where to find us?

Southampton Common, Cemetery Rd, Southampton SO15 7NN
From Monday 7-8, Wednesday 7-8, Saturday 8:30-9:30

Our sessions run through sun and rain.
If it's miserable outside, we're still here.
Are you?

NO CONTRACT, NO JOINING FEE, NO-NONSENSE

Different pricing for different commitments.
[Pricing here](#)

Rome wasn't built in a day.

I won't promise you overnight results as there isn't a quick fix for fitness.
Yet, session by session, you start to build yourself into something you can be proud of.

Try us for free!

Joining a fitness class can seem like a massive leap of faith.
So, to take the pressure off, you can try a session for free.
There's no hard sale and no strings attached.
The class will speak for itself.
And this way, you know what you're getting before you spend a single penny.
So what's to lose?
Join us now!

ur sessions are **full of teamwork**, and our members are always ready to celebrate each other's fitness achievements - so much so that you won't want to miss out. We want to build a **fitness community at OpFit** - and we think its going pretty well so fa

Does it seem friendly enough? Maybe should be think these people most likely want to be supported rather than challenged. They don't have a big ego but they don't like to take true accountability. They're just not happy with where they are at. Togetherness, and fun has it got that movement style to it that they want to be apart of?

Need to tweak some words that keep coming up like but.
And need to organise it in a way where the small group approach thing actually makes sense as need to include that he corrects form.

Is there enough of togetherness vibe/movement?

Run through hemingway

Grammarly

Chatgpt

Compare to Geefit's as theres is very friendly but is it engaging enough?

Challenge

"Session" or "Sessions"

Themes

Time

But

Fit/fitness

More Than A Class

One thing that completely took me by surprise when I started JBFIT was the community that formed along with it.

It is truly the reason why JBFIT is so special/enjoyable.

Not only are you getting in better shape but you train with people that you can call your friends.

These days that's hard to come by and makes the experience that much more enjoyable.

If you've had a tough week, they're the people to pick you up.

And there are also the people you can celebrate your achievements with, no matter how small.

JBFIT doesn't just tone you up or build you a better physique but it's there for places you don't see.

Mental health is becoming a bigger problem in today's age and we all need a healthy way to blow off steam.

There's no better place to do it than in the outdoors with some great people.

From time to time we go elsewhere as a group.

Whether it be a walk in the forest, Coffee, lunch or dinner.

All members invited, along with any friends or family you'd like to join us.

It's always nice to spend time when we're not in sweaty sportswear and out of breath.

We tend to do these *How ever often it is* - and it's just a social get together not something you pay for of course.

This coupled with your fitness journey at JBFIT is what makes it 'More Than A Class'

ABOUT ME

Hi my name is Jason Bayles and I'm the founder of JBFIT.

I've always been passionate about fitness as I know what improving your physical health can do for your mental health.

I started JBFIT back in 2014, having the vision for a friendly and personal way for people to get fit together.

I noticed that many other Fitness classes and bootcamps took on this militant and authoritative style which I didn't like.

(Including the class I worked for before I started JBFIT)

And this is coming from someone who spent 26 years in the army, 22 as a Physical Training Instructor.

So I adopted my own style.

A positive and motivational environment for everyone.

Where people are encouraged and coached rather than being drilled and ordered about.

My job in the Army was to prepare the Officers and Soldiers I served with for operations in conflict and humanitarian disasters.

This included various tasks such as conditioning them to march under extreme conditions and designing programmes for soldiers who were recovering from injuries to get back to full fitness.

I trained allied forces too.

For example in the Afghan Conflict in 2006 I was chosen to be a part of the first training team in the Coalition forces to train the Afghan forces.

I've trained many people across the globe so I understand that each person is unique and to get the best out of them requires an approach fit to them.

I use my worldwide experience along with my Diploma in International Personal Training to help people like you better themselves each week, enjoying not just the process but the sessions themselves.