



What is it?

Personal Training (or PT) is not about someone else barking orders at you. Nor is it only for top-level athletes training towards a major event, or just for celebrities who fancy some pampering. PT means you exercise one-on-one with your own highly trained instructor beside you to guide, advise and motivate. As a beginner it can be a great introduction to the gym and will soon boost your knowledge and confidence. Experienced gym users can utilise PT to take them to the next level of fitness.

Who is PT for?

Personal Training is for anyone who wants to reach their peak fitness level, improve their exercise and fitness knowledge or who finds it tough to motivate themselves. It's also really helpful for anyone with a specific condition, illness or injury who wants to be sure they're exercising safely, such as people with asthma, diabetes, high blood pressure or prolapsed discs, those recovering from surgery or pregnancy.



When should I choose personal training?

IF YOU ARE A NEW EXERCISER - You will benefit from the experience and gain the knowledge to feel confident and safe in a new environment, ensuring you are taught in the correct way.

IF YOU ARE RETURNING TO EXERCISE - The safest and quickest route to matching and exceeding your previous fitness levels.

IF YOU HAVE SEEN A PLATEAU IN RESULTS OR MOTIVATION - This can often happen when routines are not changed or progressed in an effective way.

IF YOU ARE A MATURE EXERCISER - We can help with heart management, flexibility and strengthening in the safest way.

IF YOU ARE A SPORTS ENTHUSIAST - Performance and focused exercise programmes will take your specific needs to a new high.

IF YOU ARE IN REHABILITATION - A link up with physiotherapists can strengthen injuries. Inactivity will not help to strengthen an injury.

IF YOU ARE SIMPLY LOOKING FOR FUN! - Motivation, partner training, new ideas and fresh challenges can make all the difference in reaching your goals.

Guaranteed results or your money back

**For details, speak to a member of staff, or call
(01723) 357480**