



PERSONAL TRAINING

Are you looking to get fitter, stronger, slimmer, more motivated to do exercise?
Well you have come to the right place.

If you want to lose weight, get healthy and/or build muscle, hiring a personal trainer can be a step in the right direction. A good trainer can help you set up a program that meets your goals and teach you the best way to exercise.

What is a Personal Trainer?

A personal trainer should be, at the least, educated and certified through a reputable fitness organization. This person's job is to assess your fitness level, figure out what your goals are (or help you set goals) set up a program and keep you motivated. They will push you past your comfort level, which is something difficult to do on your own. A trainer also provides:

- Guidance on reaching your goals
- Education about strength training, cardio and *basic* nutrition
- A reason to show up at the gym each week.

What is a Session Like?

Each session usually lasts about an hour. The first meeting is normally devoted to assessing fitness level, health history and goals. Be prepared to step on the scale and answer specific questions about your goals. After that, you'll spend each session doing cardio, weight training, flexibility or other activities depending on what your goals are. Your trainer will show you how to do the exercises, help you figure out how much weight to use and give you pointers for getting the most out of each exercise.

Cost: **Members:** **£25.00ph or**
£250.00 for 12 sessions

Non-Members: **£30.00ph or**
£300.00 for 12 sessions