

PERSONAL TRAINING

- Flexibility and core strength
- Weight training
- Diet and nutrition
- Fitness advice
- Muscle toning
- Weight loss
- Cardio fitness



• 30 min. session £15 • 60 min. session £25 • Book 5x 60 min. sessions for £110



OUR PERSONAL TRAINERS CAN:

- Inspire you to reach your goals
- Make you fitter and stronger
- Boost your energy levels
- Motivate and educate you
- Build your confidence
- Teach you good nutrition
- Get results



Jon Gilbert



Mark Waller



Shannon Ashley

Fay Fullard

Liam Taylor

Bethany Kitcher



Contact reception to book!
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