



**GET MOTIVATED**  
**GET STARTED**  
**GET RESULTS**



**with**  
**personal**  
**training**



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# Is Personal Training for me?

**Personal Training (PT) is for anyone and everyone.**

PT is best described as an intense physical training course in fitness knowledge and self discovery whilst reaching a desired goal.

A personalised fitness regime and an optimum calorie intake guide will be designed by using fitness testing results to ensure maximum efficiency and effectiveness.

Progress will be constantly monitored so that your routine can be effectively adjusted with small tweaks and changes to compensate for your increase in strength and fitness levels for an improved rate of progress. You can see a personal trainer from once a month to three times a week, you will discover optimum exercise techniques, and be pushed that little bit further with our friendly and knowledgeable trainers.

We aim to build an understanding of exercise technique and nutrition so that once you reach your desired goal, maintenance is easily and understandably achievable.

**We thrive on customer satisfaction.**

**We make reaching your health and fitness goals our number one priority.**

## Why use a Personal Trainer?

- Achieve more in less time training
- Train effectively
- Try new exercises
- Achieve your goals quickly
- Build stronger, leaner more toned muscles
- Burn more fat
- Reduce body circumference
- Improve your posture
- Change your body shape
- Lifestyle advice
- Expert diet advice
- Learn to engage your core muscles
- Increased motivation
- Train specifically for your sport
- Enjoy training again
- Become posturally aware
- Educate yourself how to continue exercising effectively long term

**contact one of our personal trainers today**

# 01438 242 605

working in partnership



**Stevenage**  
BOROUGH COUNCIL



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