

# PERSONAL TRAINERS & COACHES

OUR TEAM ARE ABLE TO PROVIDE PERSONAL TRAINING AND COACHING SESSIONS TO HELP YOU REACH YOUR GOALS. THEY WILL SUPPORT YOU WITH TECHNIQUE AND WORKOUT PLANNING AS WELL AS MOTIVATION TO GIVE YOU EVERYTHING YOU NEED TO HIT YOUR GOALS.

## ALAN - £35 PER SESSION / £300 FOR 10

ALAN SPENT 6 YEARS IN THE MILITARY AS A PTI, LEADING FITNESS TRAINING FOR TROOPS IN THE REGIMENT. SINCE LEAVING HER MAJESTIES' FORCES, ALAN HAS QUALIFIED AS A PRIVATE PERSONAL TRAINER + NUTRITION COACH. HE ALSO COMPETES IN BODY BUILDING AND AS A FITNESS MODEL. ALAN SPECIALISES IN PT FOR THOSE LOOKING TO BUILD MUSCLE STRENGTH, LOSE STUBBORN FAT & GAIN DEFINITION.

## CHRIS - £20 PER SESSION / £150 FOR 10

CHRIS IS ON PLACEMENT WITH US FROM STANDFORD HILL AND HAS ALWAYS HAD A GREAT INTEREST IN HEALTH AND FITNESS. IT BECAME HIS PASSION WHEN COMPLETING HIS LEVEL 3 SPORT PHYSIOLOGY DIPLOMA. CHRIS' SPECIALITY IS IN BOTH WEIGHT LOSS AND MUSCULAR TRAINING AND DEVELOPMENT, HELPING OTHERS ACHIEVE THEIR GOALS THROUGH TARGETED TRAINING PLANS.

## PETER - £25 PER SESSION / £200 FOR 10

PETER SPECIALISES IN HELPING PEOPLE THAT HAVE STRUGGLED TO COME TO THE GYM AND MAKE THEM FEEL MORE AT EASE AND COMFORTABLE WORKING OUT. PETER IS A GRADUATE OF SPORT AND EXERCISE SCIENCE. HE CURRENTLY HOLDS A LEVEL 2 AND LEVEL 3 PERSONAL TRAINING QUALIFICATION AND ALSO HOLDS A LEVEL 2 CERTIFICATE IN NUTRITION. HIS BIGGEST ACHIEVEMENT HAS BEEN HELPING A MAN LOSE OVER 8 STONE AND HELPING A MENTAL HEALTH SUFFERER INCREASE CONFIDENCE AND COMPETE IN A SPORTING EVENT.

## BRANDON- £20 PER SESSION / £150 FOR 10

BRANDON IS ON PLACEMENT WITH US FROM STANDFORD HILL AND HAS ALWAYS HAD A HUGE INTEREST IN TRAINING AND PHYSICAL DEVELOPMENT. OVER MANY YEARS OF TRAINING HE HAS BEEN ABLE TO TRY MANY DIFFERENT TRAINING STYLES TO PERFECT THE BEST WORKOUTS. WITH A PASSION FOR CROSS TRAINING, WHICH INCLUDES A WIDE VARIETY OF TRAINING TECHNIQUES SUCH AS WEIGHT AND CIRCUIT TRAINING, HE CAN PROVIDE TRAINING THAT IS DIFFERENT & CHALLENGING TO HELP YOU HIT YOUR GOAL.

**ALL SESSIONS MUST BE BOOKED AT RECEPTION**

**ASK ABOUT OUR 4  
WEEK PERSONAL  
WORK OUT PLANS**

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