



Book in for your **FREE** consultation with one of our trainers.

Contact Rob on 07545 23 84 89 or leave your details either at the gym desk or at the hotel reception.

express

An intensive 6 week programme designed to give you results, fast!

The Express programme is ideal for those looking for a quick workout before, during or after work or at any other time that suits your schedule.

This programme includes:

- Full fitness assessment
- Personal training 3 times a week with an expert trainer
- Nutritional tips and advice
- Full body workout

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Transform your shape, your body & your life!





inch loss

A 10 week fitness and nutrition programme designed to maximise inch and weight loss

Do you want to get into those clothes that you thought you would never wear again? This programme provides the tools you need to control and sustain a healthy lifestyle whilst maximising inch loss.

You can expect to:

- Reduce your waist size by 10% or more
- Reduce your body fat by 5% or more
- Greatly improve your health and wellbeing, including reduced heart rate and increased energy levels

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challenge

The ultimate 12 week challenge guaranteed to transform your body and lifestyle forever!

With our Challenge programme you will achieve truly remarkable results with outstanding improvements to your health, fitness, lifestyle and body shape.

You can expect to:

- Feel physically and mentally stronger
- Significantly improve your health
- Transform your life

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postnatal

A 9 week programme designed to help you recover from your 9 month pregnancy.

Do you need to lose baby weight and boost your confidence? This programme can help you to look and feel your best. You will also have more energy.

You can expect to:

- Strengthen your body and core to help you cope with the day-to-day functions of being a mother
- Significantly reduce the excess weight
- Understand your body and its changes
- Be a yummy mummy

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