



# PERSONAL TRAINING

Whether you want to look good for that big day, get in shape after a baby or do your bit for a good cause

**YOUR GOALS ARE OUR GOALS AND OUR PERSONAL TRAINERS WILL HELP YOU BEAT THEM**

## WE WILL WORK WITH YOU

We offer specialist advice on how to reach your health goals. One-to-one sessions with one of our qualified personal trainers will help. Personal Training is only available to current Cedar Court Health Club members.

**JOIN NOW**

## PRICES

30 minute Health Check	Free
50 minute PT Session	£20.00
10 x 50 minute PT sessions	£170.00

Booking and payment of Personal Training sessions must be made a minimum of 7 days in advance to ensure availability.

## SPECILISTS IN YOU

Our Personal Trainers are experienced in building and delivering one-to-one sessions tailored to each member's individual abilities, needs and goals. Whatever you're physical condition or personal goals, one-to-one sessions with our dedicated trainers can help you to:

1. Set realistic but challenging goals
2. Track your physical progress
3. Improve your health and wellbeing
4. Increase your energy levels
5. Change your body composition
6. Discover extra motivation and confidence

For more information call 01274 406604  
[www.cedarcourthotels.co.uk/health-clubs](http://www.cedarcourthotels.co.uk/health-clubs)

# MEET THE TEAM



## GRANT

Grant has always had a huge passion and love for the fitness industry from a young age and has picked up many things throughout his time following and taking part in fitness. He is now looking to pass on his knowledge and help make other people as passionate about Health & fitness as he is.

Grant strongly believes he has a lot to offer to the industry now and in the future. He wants to make coming to the gym something you look forward to rather than a chore and hopefully sparking you're love for fitness too!



## KIRSTEN

Since playing and taking part in elite level sport from a young age Kirsten has recognised the positive impact that being active can have on people's physical and mental wellbeing.

Kirsten believes that the best results come outside of your comfort zone and aims to encourage and support her clients towards their own individual achievements, no matter what age or fitness level, while pushing the boundaries. She likes to incorporate normal gym exercises as well as exercises that are not as common to keep workouts interesting.



## MICHAEL

After 14 years in the fitness industry & sports coaching arena, Michael has gained qualifications, experience and knowledge in the field of health & fitness and lifestyle coaching. Michael currently coaches a local football team in his spare time. He has also completed events such as the great north run and Tough Mudder.

Michael knows what's required to get and keep fit and prepare to complete challenges and is eager to use his skills & passion to help you achieve your goals.

## ABOUT OUR TEAM

You are in safe hands with our industry accredited, professional personal trainers. What better way to start your health and fitness journey.

## PERSONAL TRAINERS

1. Ideal for beginners and getting started with your journey.
2. Qualified to train you to high industry standards
3. Skilled in planning bespoke programmes
4. Experienced in delivering fun, engaging sessions
5. Able to educate you in health and wellbeing.
6. Ideal for more specific fitness and wellbeing needs.
7. Experts in mobility issues
8. Trained to address weakness or tightness in the body
9. Experienced in delivering advanced programming to suit both short and longer term goals.

**DO YOU WANT  
TO KNOW IF  
PERSONAL TRAINING  
IS RIGHT FOR YOU?**

**Book your Free 30 minute  
Health Check today with one  
of our trainers, and they'll  
be able to advise you on  
how best to reach  
your goals.**

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