

Services

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ALL NEW CLIENTS RECEIVE A FREE TRIAL SESSION - YOUR CHOICE OF THE FOLLOWING:

[One-on-One Training](#)

If you're finding it hard to fit exercise into your daily routine this is the solution for you. A more 'traditional' form of Personal Training, One-on-One Training is suitable for all ages and fitness levels, and is a vital part of reaching your health and fitness goals. Providing you with strength and cardiovascular exercises specific to your individual needs, each session begins with a warm-up and ends with an 'assisted stretch'. You get the undivided attention of your trainer, and all the planning and equipment is taken care of. All you need to do is show up ready to work towards your goals!

[FITcamp](#)

Does the thought of signing up for a 'Bootcamp' send chills down your spine? We have found that many people feel the same way, with no desire to be yelled at and degraded by a muscle-bound trainer more concerned with 'getting huge' than focusing on the goals of participants.

Well, banish the thought - FITcamp is a whole new group training initiative. Run for women only and with groups restricted to 10 people, we pride ourselves on providing a fun, relaxed environment where you can work out and make friends at the same time, all while achieving your goals in health and fitness! Sign up anytime and come prepared to laugh and work hard.

Small Group Training

Perhaps you have thought about Personal Training but haven't quite committed to the idea. Having your partner or a small group of friends to help motivate you and keep you accountable will really help you on your journey to better health and fitness. Sharing the cost of Training also makes this a great option when you're just starting out.

Small Group sessions can have up to 4 people of different or similar fitness levels, mixed or single sex. This is a great solution if you're a bit nervous about starting out on your own, and allows you to catch up and spend quality time with the people you care about while still working towards your goals.

Pregnancy and Post-Natal Training

There is no greater joy as a Personal Trainer than watching clients achieve their goals. When this goal is having a comfortable, healthy pregnancy and birth, the end result is always a thrill! Your experienced Trainer will guide you through strength and light cardiovascular exercises which will keep you strong and healthy throughout your pregnancy. You will also find that with regular light Training you will bounce back faster after the birth of your baby.

After the birth of your baby, you will want to train with someone who is knowledgeable about both natural and caesarean births, and the recovery from each. As a mother of two I have experienced both and will assist you in every way possible throughout your pregnancy, and on your journey to recovery.

If you and a friend are pregnant at the same time, why not join together in a small group session?

Nutritional Advice

Great nutrition goes hand in hand with achieving your goals in health and fitness. Sometimes nutrition can be the missing link in an otherwise healthy lifestyle, which may be holding you back. Book in today to have a friendly, relaxed, 'guilt free' consultation where we will talk about how small changes to your diet can kick start your health and fitness plan. Also great as an add-on to your Training sessions.