

**NEW...**

# Personal Workout Programmes!



***We are now introducing Personal programmes to help you achieve all of your fitness goals...***

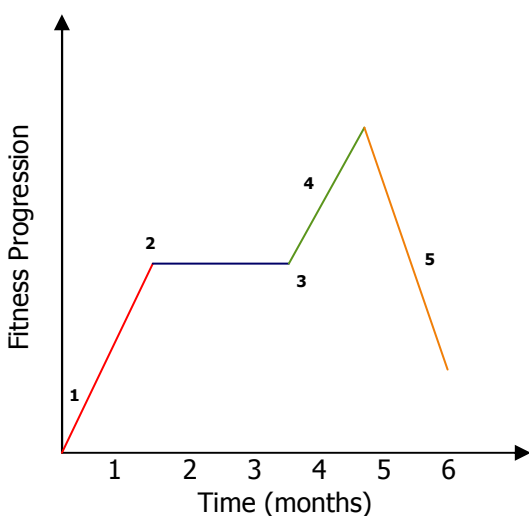
Spend an hours session one-to-one with one of our fully qualified instructors. Your personal instructor will assess your lifestyle, identify your fitness goals and from that they will produce your personal fitness programme.

***Monthly members book your first programme FREE at reception!***

## Programme Reviews!

*After your initial programme you can have a review as often as you like, we recommend every 4-6 weeks. This session, at a cost of £5.00, will involve your instructor assessing how you have done with the previous programme, re-identifying specific goals, and creating a new programme to suit your every need.*

***The importance of regular reviews is expressed below:***



**Key:**

1. ***New programme started*** - quick progression is made.
2. ***Plateau*** - after time your body adapts to the programme you are doing and progression will stop.
3. ***Programme Reviewed*** - this gives your body a new stimulus, something your body hasn't grown used to.
4. ***Re-progression*** - once again you gain quick benefits from the new programme.
5. ***Stop training*** - it only takes a short while to lose most fitness progression if you stop, so regular reviews are a ***MUST***.