

Benefits of a Personal Trainer

1. BETTER AND FASTER RESULTS

Having a personal trainer to guide you through your fitness routine will help make sure you are spending time on the right types of exercise for you. If you only have a limited amount of time to work out, a personal trainer will make sure you get the best possible results for the amount of time that you have.

2. FAT LOSS AND MUSCLE GAIN

Most people have multiple goals when working out, most commonly, fat loss and muscle gain. It's often hard to find the right balance between these two, but a personal trainer can help you find the right exercises to achieve each of your goals.

3. REDUCED CHANCE OF INJURY

A personal trainer will teach you the correct form and technique to use during your workout so you can stay safe and injury-free.

4. MAKES EXERCISE PART OF YOUR LIFESTYLE

A personal trainer can help you find ways to make healthy living and exercise a priority in your life. They can help you overcome obstacles that might prevent you from exercising, and help you set many small, achievable goals.

5. OVERCOME YOUR FITNESS OBSTICLES

When you hit a plateau in your exercise routine, it can be hard to push through and stay motivated. A personal trainer can help you understand why you hit a plateau, and find ways for you to work through it and see more results.



Bronze Package

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30 MINUTE SESSIONS

10 Session Package

Member Price £200

Non-Member Price £300

Pay as you go member price £25.00

Pay as you go non-member price £35.00

WHAT'S INCLUDED:

- Free 30 minute consultation
- 10 X 30 minute one to one sessions
- Start and End progress report
- Constant support from your dedicated trainer
- Personalised fitness programme to follow alongside the sessions
- Generic nutritional advice depending on goals set

ADD ON A PERSONALISED MEAL PLAN TO ALL PACKAGES FOR ONLY £150.00.

Terms and conditions apply to all personal training sessions and packages. A copy will be given to you when you register. Sessions must be cancelled or rearranged with notice.

Hotel Guests please ask a member of staff for our guest discounts on personal training.



Silver Package

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45 MINUTE SESSIONS

10 Session Package

Member Price £250

Non-Member Price £350

Pay as you go member price £30.00

Pay as you go non-member price £40.00

WHAT'S INCLUDED:

- Free 30 minute consultation
- 10 X 45 minute one to one sessions
- Start and End progress report
- Constant support from your dedicated trainer
- Personalised fitness programme to follow alongside the sessions
- Generic nutritional advice depending on goals set

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Gold Package

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60 MINUTE SESSIONS

10 Session Package

Member Price £300

Non-Member Price £400

Pay as you go member price £35.00

Pay as you go non-member price £45.00

WHAT'S INCLUDED:

- Free 30 minute consultation
- 10 X 60 minute one to one sessions
- Start and End progress report
- Constant support from your dedicated trainer
- Personalised fitness programme to follow alongside the sessions
- Generic nutritional advice depending on goals set

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Personal Training T&Cs

TERMS AND CONDITIONS

Your agreement is with you and your personal trainer (the “trainer”) who delivers your training. These terms and conditions form part of your agreement and you may ask for a copy at any time. Your instruction to commence personal training will constitute acceptance of these terms and conditions when you will become a client (a “client” or “you”).

TRAINER’S OBLIGATIONS

The trainer will use their skills and knowledge to design a safe programme of exercise that will take into account your lifestyle, personal goals, fitness levels and medical history. The trainer will provide coaching, supervision, advice and support that you will need to achieve your goals. You understand that the results of any fitness programme cannot be guaranteed and will need your effort and co-operation in and outside the sessions. In particular you acknowledge that individual results may vary and no particular result is guaranteed by your trainer. The trainer will be ready for your session on your arrival so that you get the most out of your time and will give sufficient notice of any changes to times. All client information will be kept strictly private and confidential.

CLIENT’S OBLIGATIONS

It is understood between you and your trainer that both must commit to your programme 100% in order for you to achieve results. You are required to arrive on time so that the full training plan is achieved. You understand that if you are late sessions cannot be extended and will still end at the appointed time. You are required to wear appropriate footwear and clothing and provide medical clearance if requested by your personal trainer. You understand and agree that it is your responsibility to inform the trainer of any conditions or changes to your health which might affect your ability to exercise safely. You understand that there are inherent risks in participating in a programme of strenuous exercise. If you sustain any injury while participating in training, you acknowledge that the trainer is not responsible unless the injury was caused by the trainer’s gross negligence or intentional act. Your trainer cannot be held liable in any way for undeclared medical conditions or injuries.

CANCELLATIONS AND REFUNDS

24 hours notice of cancellation or postponement is required for all appointments. Notice of less than 24 hours will incur full payment of the full session fee. Once purchased, your sessions are non-refundable. Session may be transferable if unforeseen circumstances occur however this will need to be authorised by the gym manager.

HEALTH AND SAFETY

Your trainer has completed and holds a current certificate for first aid approved by the Health and Safety executive. Your trainer is qualified to a minimum standard of a level 3 personal trainer. Your trainer has £5 million public liability insurance cover.

