

# ONETOONE

## *Personal Training*

*Available from 1<sup>st</sup> March 2007*

**Weight Loss & Weight Management**  
**Increase Fitness Level**  
**Nutritional Consultation**  
**Pre and Post-Natal Training**

### **SESSIONS INCLUDE:**

**Fitness assessment & measurements**  
**Exercise Program Recommendations**  
**1 Hour of Supervision & Motivation**  
**Review of Goals & Progress**  
**Nutrition Advice**

**Fee Per Session: Men £20 / Women £15**



***Ideal for individuals of all levels of fitness in need of professional help.  
Enjoyable and fun sessions tailor- made for you.***

**Book your session at reception**