



## Information & Booking

Do you want more information on Personal Training or to book an instructor? Fill out this form and we'll get back to you with more information.



Full Name:

Membership Number:

Address:

Tel no: Home:

Work:

Mobile:

How many sessions would you like per week / month?

Week:  Month:

What are your aims / goals:

What times / days you would prefer?

**Complete this form and hand into reception or post it to:**

Helen Haywood, BodyZone, Beau Sejour, Amherst, St Peter Port, GY1 2DL



## Meet the Instructors



**Geoff - Assistant Health & Fitness Manager**  
Geoff is the most experienced Gym instructor in the BodyZone.

**Andy - Senior Fitness Instructor**

Andy is a regular Marathon runner who specialises in endurance training.



**Ross - Full-time Gym Instructor**

Ross has excellent personal skills and is sure to make your training enjoyable.

**Lucy - Full-time Gym Instructor**

Lucy is very approachable and enjoys dealing with all clients and their differing needs.



**Part-time Instructors**

We also have many other experienced part-time instructors who have qualifications and coaching skills in a variety of areas such as rowing, football, swimming, core stability, running, triathlons, nutrition and much more!



# Personal Training



**Helping you to achieve your fitness targets**



## Contact Details

For further information please call:

**Geoff on (01481) 747232**

**Helen on (01481) 747233**

or

**BodyZone on (01481) 747237**

[www.freedomzone.gg](http://www.freedomzone.gg)



**Now Available with Power Plate®**



## Why have a Personal Trainer?



Fitness is a complicated science and our experienced professional trainers will help you to get the most out of your time at the gym. They will work with you to help you to reach your goals and to feel great!

- ✓ They can help you to be more effective in your work-outs
- ✓ They will give you motivation to keep you going and improving your fitness
- ✓ They will give you extra encouragement to lose those last few pounds
- ✓ They will offer professional advice
- ✓ They will make sure that you're using the machines correctly and avoid injury
- ✓ They can help you hit that specific goal that you want to achieve

Personal Training is all about achieving your personal best - whether your aim is to run a Marathon, run for a bus or simply tone up and lose weight... and it's not as expensive as you may think! You'll certainly get a benefit from having a Personal Trainer - even with just one session a month.

**Look and feel better**  
**Book your Personal Trainer today!**

## Prices

Personal Training can be booked as little or often as you like whether it's a one-off or an on-going weekly booking.

### Discount for block booking!

Take advantage of a £6 discount if you pay for a block of 4 sessions!

	Freedom Members	Choice Members	Non-Members
Each Session	£25.50	£31	£33.50
Block of 4 Sessions	£96	£118	£128

### Terms & Conditions

Fees must be paid or vouchers handed in before the start of the session.  
All sessions are usually 60 minutes although 30 minute sessions are available for rehabilitation purposes. Please call for details.  
Cancellations must be made by 21:00 the previous night. Failure to do this will result in a charge.  
Minimum age is 14 years.  
Prices are applicable until 5 September 2010.  
E&E ~



**Together - we'll reach your goal!**



**CULTURE AND LEISURE**  
A STATES OF GUERNSEY GOVERNMENT DEPARTMENT