

All the support to reach your goals

Working with a Personal Trainer will benefit you by offering you:

Structure – meeting your Personal Trainer for appointments will ensure you get regular exercise

Results – Personal Trainers are educated to ensure you get results, so they can make the most of your time in the club

Variety – They will keep your training interesting with different exercises and techniques to keep you on track

Motivation – Progress means results, and results mean motivation to thrive for that next level of fitness!

Progression – As your fitness improves, your Personal Trainer will always modify your exercise to ensure maximum enjoyment and maximum results!

A partner who's goal is to help you achieve your goals

So now you know all the great benefits working with a Personal Trainer offers, what's holding you back?

FALSE **It's too expensive!**
Not at all, our trainers start from only £25 per hour. Or bring a mate along for discount.

FALSE **My schedule is too hectic to commit to a session a week**
Talk to a Personal Trainer about training, every other week, or even once a month. Keep up with your training routine in your own time between sessions.

FALSE **Personal training is for elite athletes and people who are already in shape**
Sure personal training enhances the routine of those in shape. However, working with a professional is the best way for beginners and the de-conditioned to get up to speed.

FALSE **I don't need a Personal Trainer, I know what I'm doing**
Maybe you do, but do you want to know how to do it better? Faster? More efficiently? Safer?

One-on-One

Welcome to the world of personal training, the best and fastest way to get results. Training with your Personal Trainer will open your eyes to new and exciting ways to reach your goal, and change the way you train, forever!

See below for our prices for our fantastic one-on-one personal training service. All prices based on a 60 minute session.



Sessions	Prices From	Discount
1	30-35	
5	150	
10	275	Saving £25
20	500	Saving £100

Group

Do you want to give personal training a try? Maybe you enjoy training with a friend, or want to meet and train with like-minded members who have similar goals? Maybe you simply want your money to stretch a little further? At Club Pulse, we offer group personal training to ensure you get maximum results in groups of up to four people, for maximum enjoyment at fantastic prices!



No. of people	Prices from	Per person
1	30-35	
2	35	Only £17.50
3	45	Only £15
4	50	Only 12.50*

PERSONAL TRAINING OPTIONS ALSO AVAILABLE

- ⊕ 30 minutes and 45 minutes
- ⊕ Dietary Plans

Find your perfect partner

At CLUB PULSE, we want you to receive the best personal training and the quickest results money can buy!

All our Personal Trainers are on the industry recognized Register of Exercise Professionals (REPS) so you can be assured that you are in the best hands.

Our Personal Trainers have gained great experience in the fitness industry on the gym floor.

Our Personal Trainers hold the highest recognized qualification in the UK fitness industry, REPS Level 3. They are highly educated and will provide you with a first class service that will ensure you get results.

Not only do our Personal Trainers hold REPS Level 3 status, meaning they are at the pinnacle of education in the UK personal training industry, but they also have over 18 months experience supported by continued professional development, and a proven track record of success not only with their business, but with clients alike!

The benefits of personal training are simply too good to miss...
...do it today


PERSONAL TRAINING

FROM JUST
£12.50*



Jackie
Club Pulse
Personal Trainer

Speak to a member of the team for more information
0208 691 8404

 **clubpulse** One-on-One Personal Training

Whatever you want to achieve we have the perfect partner for you



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