

## Why use a Personal Trainer?

- Achieve more in less time training
- Train effectively
- Try new exercises
- Achieve your goals quickly
- Build stronger, leaner more toned muscles
- Burn more fat
- Reduce body circumference
- Improve your posture
- Change your body shape
- Lifestyle advice
- Expert diet advice
- Learn to engage your core muscles
- Increased motivation
- Train specifically for your sport
- Enjoy training again
- Become posturally aware
- Educate yourself how to continue exercising effectively long term

### Client Testimony

*"I have worked with my personal trainer at North Herts Leisure Centre for six months, with specific objectives linked to fitness, health and lifestyle changes.*

*We set specific targets linked to weight loss, that are monitored and reviewed each week. I have lost nearly two stone and have been able to reduce my medication, I am delighted.*

*The programme is challenging but also diverse and fun. After each session you leave with a feeling of achievement and immense satisfaction.*

*The personal training programme is both educational and rewarding and I believe it is excellent value for money."*

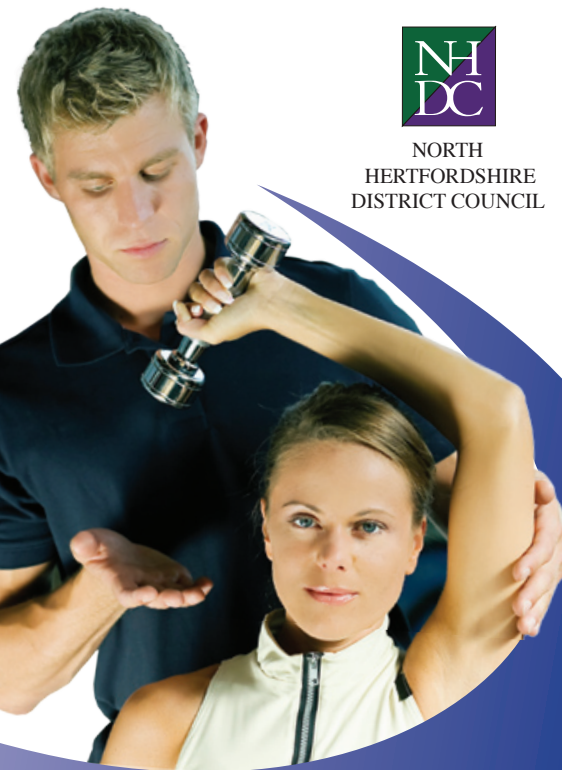
**Mr Dave Hall** - Personal Training Client



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NORTH  
HERTFORDSHIRE  
DISTRICT COUNCIL

GET Motivated  
GET Started  
GET Results  
with Personal Training

Personal Training @ SLL

# Is Personal Training for me?

Personal Training (PT) is for anyone and everyone. PT is best described as an intense physical training course in fitness knowledge and self discovery whilst reaching a desired goal.



OUR EQUIPMENT IS SUPPLIED BY  
**MATRIX**

A personalised fitness regime and an optimum calorie intake guide will be designed by using fitness testing results to ensure maximum efficiency and effectiveness.

Progress will be constantly monitored so that your routine can be effectively adjusted with small tweaks and changes to compensate for your increase in strength and fitness levels for an improve rate of progress.

You can see a personal trainer from once a month to three times a week, you will discover optimum exercise techniques, and be pushed that little bit further with our friendly and knowledgeable trainers.

We aim to build an understanding of exercise technique and nutrition so that once you reach your desired goal, maintenance is easily and understandably achievable.

We thrive on customer satisfaction.

We make reaching your health and fitness goals our number one priority.

**Tel: 01462 485 344**

**Email: [letchworth@stevenage-leisure.co.uk](mailto:letchworth@stevenage-leisure.co.uk)**



## Pricing

1/2 Hour  
Session

Hour  
Session

One on  
One

£20

£30

Group  
(2-3 people)

£15

£20

Per Person

Per Person

## Block Bookings

Pre Book 6 sessions for the price of 5