

# Personal Training

Personal Training is a great way to make a serious start toward your goal at Odyssey Knebworth.

PT is designed to achieve your results faster. It's about personalised attention so you get more **focus**, more **motivation** and more **intensity** from your workouts.

We have a number of different packages that are tailored to suit your specific exercise needs.

We know that motivation comes from results, therefore all of our trainers will build you sessions designed to achieve your goals

Personal Training is not just about having someone standing next to you in the gym, it is about having someone guiding you through your entire programme of health and fitness development.

Your Personal Trainer will create a programme that includes your training inside and outside of the gym, your diet, your lifestyle and all support services to ensure that you are in full health.

# PT Options

Single	£30
6 Sessions	£150
PT Partners	£200 (per pair)
Small Group PT	£80 (6 sessions)
Powerplate Course	£30 (4 sessions)



Please contact me with regard to PT

Name:

Tel:

Email:

Goals:

Please complete and post in the box on the gym desk