

# Personal Training

## What is Personal Training?

Personal Training involves one to one sessions with a trainer to help the individual achieve their goals.

## Who should use a Personal Trainer?

If you lack motivation or have a particular goal in mind, be it fitness or diet related or both, then a personal trainer could be the answer. Often when on a fitness or weight loss plan, it is the last hurdle that is the hardest to achieve. You have done so well, but are struggling to achieve your goal. This is when a Personal Trainer is an invaluable source of information and motivation.



## When are the Personal Training sessions available?

Personal Training sessions are booked at the client's convenience. This is the only way that clients can commit and ensure that it becomes a lifestyle change rather than a short term solution.

## Personal Training Price List:

Taster pack (3 x 1 hour sessions)	<b>£45.00</b>
1 x 1 hour session	<b>£25.00</b>
10 x 1 hour sessions	<b>£199.00</b>
30 minute Power Plate session	<b>£10.00</b>
Power Plate Bundle (3x30mins)	<b>£25.00</b>

*Note: Taster pack is only available once to each client.*

## Booking arrangements:

Please contact either receptions or Aspiration's teams who will provide your contact details to the Personal Trainer who will then contact you to arrange a convenient time to meet.



Leaflet available in alternative formats upon request.

# Sport's Therapy

## What is Sport's Therapy?

A Sport's Therapist will assess, diagnose and treat (where applicable) ailments relating to muscular, joint and alignment injuries.

## Why use a Sport's Therapist?

There are two main reasons. Firstly, a Sport's Therapist can treat up to 90% of all injury issues without the client having to go through their GP and be referred to a physiotherapist (a number of physiotherapists actually refer patients to a Sport's Therapist!). Therefore, the benefits to the client are a quicker diagnose; and less time sidelined by the injury. Secondly, Sport's Therapists offer pre and post exercise treatment. This is a sure way of avoiding those niggling injuries that build up over time.



## Sport's Therapy Price List:

Assessment	<b>£10.00</b>
Assessment and Treatment	<b>£30.00</b>
Sport's Injury Clinic	
15 mins	<b>£10.00</b>
30 mins	<b>£20.00</b>
45 mins	<b>£30.00</b>

## Sports Rehabilitation (inc massage and rehab techniques)

Sports Massage	60 mins	<b>£30.00</b>
Leg Massage	30 mins	<b>£15.00</b>
	60 mins	<b>£25.00</b>
Back Massage	30 mins	<b>£15.00</b>
	60 mins	<b>£25.00</b>
Ankle/Foot Massage	30 mins	<b>£15.00</b>
	60 mins	<b>£25.00</b>
Neck/Shoulder Massage	30 mins	<b>£15.00</b>
	60 mins	<b>£25.00</b>

Available at the Nene Centre every Tuesday evening 6.30pm - 9pm or by appointment.  
Tel: 01832 734090



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