

What is Personal Training?

A dedicated hour of fitness instruction and guidance with one of our professional trainers.

How it can benefit you

Personal training is ideal for people who find it difficult to stay motivated in the gym, struggle to achieve their personal fitness goals or even those who find gym exercise intimidating. Personal training is a great way to get the most out of your workout by giving you direction, advice and, most of all, support during your workout.

What we offer

Within personal training we also offer a range of different services including:

- Weight management
- Strength and core conditioning
- General fitness
- Sports specific training
- Pool based training
- Pre/post natal care
- Injury rehabilitation
- Vibration training
- Stroke rehabilitation
- Group training

What is the cost of Personal Training?

An hour personal training session starts from £30. Discounts are available on block bookings of five personal training sessions or more.

Who can take up Personal Training?

Personal training is available to everyone; you don't even have to be a member of the Health Club. If you are interested in personal training, please contact us to book a no-obligation appointment with one of our fitness instructors to discuss your requirements.