

Personal Training

@ Smithills Sports Centre

Smithills
Sports Centre

Would you like to increase your stamina?
Would you like to lose weight?
Would you like to gain muscle size or tone?
Would you like to increase muscular endurance and speed?

A Personal Training Programme may be the answer

1 session.....£25.00
3 sessions.....£60.00
5 sessions.....£100.00
10 sessions....£180.00

Price includes:

30 min consultation
Personal programme and 1hr one to one training session.

All trainers are qualified Level 3 Fitness Instructors

For further information please contact Smithills Sports Centre 01204 467200

