



personal training

frequently asked questions



Personal training is a one-on-one training session with a highly qualified personal trainer. Sessions last an hour and are tailored specifically to the client. Each session will be different with a variety of exercises included to keep pushing you to new limits.

How do we get started?

In the first session we talk through your goals, give you a health check and monitor your general fitness level. Then we devise a training programme tailored specifically to you and work out roughly how long it'll take you to reach your goals.

What is motivational interviewing (MI)?

We carry out an MI in the first session. It's what we use to try and establish what, if anything is stopping you reaching your goal. It works on the basis that the best way to get somebody to do something is for them to actually want to do it. In other words much like the old saying "You can take a horse to water but can't make it drink".

Why do I need personal training?

It surprises most people to hear that many trainers actually attend personal training sessions themselves. Not because they don't know what to do, but because they understand it's easier to keep motivated by working with a trainer.

Exercise should also be fun and enjoyable, and personal trainers are there to provide the variety within your sessions to hold your enthusiasm and keep you motivated. Most importantly, working with a personal trainer will not only ensure you're sessions are effective but that you're exercising safely, thereby reducing your risk of injury and optimizing the benefits you gain from exercising.

Can I exercise with a friend?

There are definite benefits to one-on-one training but you can certainly work-out as pair. If your friend is a similar size and strength, you get along well and feel you could motivate one another then buddy training could be for you.

Can you give nutritional advice?

Yes. All our personal trainers hold a certificate in nutrition and we actively encourage changes in your daily diet to help you achieve optimal health. We use a combination of food diaries and general dietary guidelines which can help you lose weight and increase your general sense of wellbeing.

Do you have male and female trainers?

Yes. We have male and female trainers who each work in specific areas: pre- and post-natal training, strength building, and heightened fitness. We aim to match you to the trainer we feel is best suited to help you achieve your personal goals.

How much does it cost?

£50 per session.

Please check our website for special offers.