



Training in the park

Kew Green



What happens during each session?

We have developed a unique ten week training cycle which moves through power, cardio, and lactic phases to ensure clients see an improvement in fitness and strength in a very short period. Sessions start with a gentle jog and dynamic stretching sequence before we move into that week's session. We finish with a cool down jog and sometimes a quick non-competitive game followed by stretching.

How will I benefit from circuit training?

This training burns fat and increases lean muscle, giving you the ability to control your weight and become stronger. We work in friendly groups - there is a social aspect not present in most training environments.

Is there much running involved?

Everything can be taken at your own pace. Some walk, some run, some sprint – we encourage people to push to their own limits.

I'm not sure if I'm fit enough to keep up, should I still come?

Each exercise can be carried out a number of ways to accommodate varying levels of strength and stamina. Our trainers are there to guide and motivate and encourage.

How many people are in each group?

To ensure you receive one-on-one attention there is a maximum of 20 people per trainer.

Are all your trainers qualified?

Our trainers are all highly experienced and qualified individuals ranging from Olympic rowers to ex-professional rugby players and international tri-athletes.

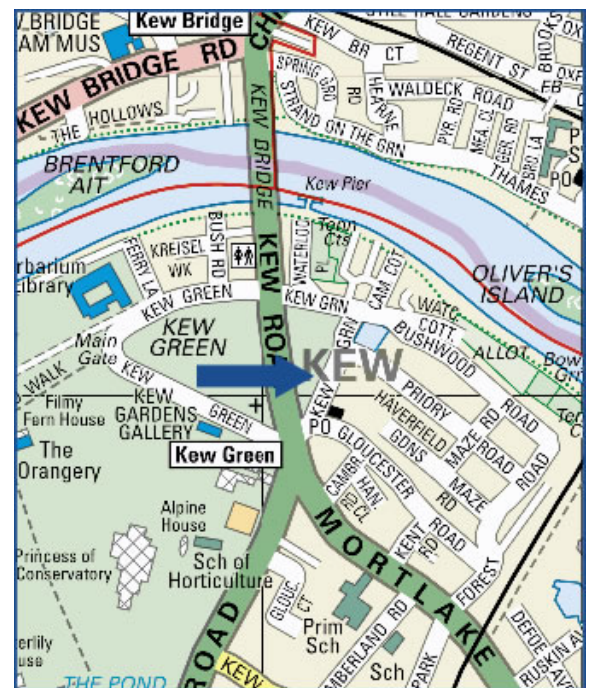
How much does it cost?

First session is free! Membership is priced at:

1 session per week = £30 per calendar month
 Unlimited sessions = £40 per calendar month

Where to Meet: Kew Green

Meeting point is Kew Green East side, between Priory Road and Gloucester Road:



When are the Kew sessions?

Tuesday	7.30pm
Thursday	7.30pm
Saturday	9.00am