



Personal Training

Look and feel great!

If you are looking to achieve your **personal best**, **need motivating**, **want to gain extra strength** or tone those hard to reach places, Personal Training sessions could be exactly what you need!

Call us now to get started today!

01276 417111

4 half an hour
Personal
Training sessions
for only **£49.99**



Managed by DC Leisure on behalf of Surrey Heath Borough Council

Personal Training

Today's hectic lifestyles mean you don't have time to waste on ineffective exercise routines. Personal trainers help maximise your time by providing workouts designed to meet your goals quickly and efficiently.

- **Consistency:** Do you find it difficult to stick to your program? Scheduling regular appointments with a personal trainer helps eliminate any excuses you may come up with for not exercising.
- **Injury rehabilitation:** Injuries and accidents can prevent you from participating in your favourite activities. An experienced Personal Trainer can make the road to recovery a smooth one by recommending exercises that emphasise overall muscular balance to prevent future injuries.
- **Increase confidence:** Not only can personal trainers help you achieve your health and fitness goals, they provide you with positive feedback on your performance and boost your confidence to take on new challenges.
- **Safety:** Are you unsure about how to use the chest-press machine at the gym or how to perform walking lunges without hurting your knees? A personal trainer will show you how to exercise safely and effectively.
- **Individualised instruction:** An exercise program that works for one person may not work for another. A personal trainer will develop the most effective program for you based on your fitness evaluation results and personal goals.
- **Sports specific training:** Many amateur and professional athletes work with a personal trainer during the off-season to prepare themselves for in-season competition. Whatever your sport a Personal Trainer can help you enhance your performance.
- **Health/medical training:** Research confirms that individuals with health challenges such as diabetes, asthma, osteoporosis or heart disease benefit greatly from regular physical activity. These conditions can make exercising safely a challenge. Your personal trainer will be experienced in designing programmes that address the special needs of these and other conditions.



For further information or to get started today, please call **01276 417111**
or email enquiries@arenaleisurecentre.co.uk

Arena Leisure Centre
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