



Come and see our Fitness Instructors for a personalized programme !!

All you need to do is book two appointments with us

During *appointment number one* we determine your fitness goals and discuss your lifestyle which includes your eating habits and medical issues. We also check your well-being with blood pressure, height, weight and body fat tests.

With this information to hand we will design your personal programme and with *appointment number two* we will take you through your programme ensuring safe use of all gym equipment and that you are completely satisfied

