



FITNESS INSTRUCTION

Inductions, basic training programs and reviews are provided by our Fitness Advisors to ensure that you are confident in using our equipment and to get you started on some regular exercise. Whilst the programs consider any health problems or special requirements that you may have they are not specialised in rehabilitation nor specific in goal focused training.

Our team of highly qualified and experienced **Personal Trainers** provide one to one training in many specialised areas and offer a complimentary **Taster Session** to help get you started.

Appointments with our Fitness Advisors are available during our core hours from 8am-12pm & 4pm – 8pm on selected days.



FAST TRACK YOUR FITNESS WITH A CCG PERSONAL TRAINER

Corrective Exercise

Training to improve your posture can dramatically change your appearance whilst relieving aches and pains or long term problems associated with poor posture.

Pre & Post Natal Exercise

Training throughout pregnancy can greatly improve the birth and wellbeing of your child whilst helping you regain your figure faster.

Golf / Sports Performance

Gym based exercises are essential if you are to realise your sporting potential at any level. Whether you want more accuracy and distance on the golf course or more speed on the tennis court there are training systems that can be tailored to your sport.

Injury & Post Operative Rehabilitation

Exercise following an injury or surgery can be daunting. Training with a professional will give you the confidence that you are doing the right thing at the right intensity.

Diet & Nutrition

Diet is not about restriction, a healthy diet gives you the fuel you need whilst maintaining healthy weight. Your diet is unique to you, find out what your body needs and eat more of it.



Book a complimentary
TASTER SESSION

& Receive

£10 OFF

your first PT session

Contact david.salmon@ccgclubs.com to activate your voucher and find the most suitable trainer for you.

*Terms & Conditions apply