



# Exercise Specialist

Having spent several years working as a carpenter Toby retrained and committed himself to helping people improve their self esteem through changing their bodies forever. A dedicated exerciser and keen golfer currently playing off of 5 Toby is keen to work with golfers who aren't regular gym users as well as those who visit the gym to improve their fitness, health and body image. Less occupied with achieving the body beautiful Toby has a passion for making people feel good about themselves whatever their age, shape or fitness level. A friendly and likeable person Toby says of his mission 'I just want to change people's lives by making them happier with their bodies'



## Body Transformations

Some times the smallest change makes the biggest difference. By combining healthier eating with the correct exercise and guidance exercise needn't be a necessary evil. By listening to what you want and exercising the way you like together with my 'Body Overhaul' programme I guarantee you will be happier with your body!



## Functional Therapy

Identifying your body's strengths and weaknesses through a series of exercises to determine strength and flexibility imbalances is key to improving performance. A body that functions correctly with achieve faster results in the gym, more distance on the golf course and less injuries on the sports field.



## Over 55s Training

Age related aches and pains and natural degeneration of muscle often make achieving results harder. Recognising how everyday activities have affected your posture, appearance and how exercise needs to be adapted to slow down the ageing process is key to achieving results.

## HOURS

M	11-8
T	11-8
W	10-6
T	8-4
F	-
SAT	10-2

Working hours may change from time to time.

### Toby Braham

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TO BOOK A FREE SESSION CONTACT TOBY OR LEAVE YOUR DETAILS WITH RECEPTION.



# COUNTRY CLUB GROUP

