

## Shared Personal Training and Fitness Classes

- Would you like to hire a Personal Trainer but can't afford one?
- If so, then why not share sessions with friends and share the expense

Nick Ward.....Your local Qualified Personal Trainer and Nutrition Advisor is available to take groups of between 5 and 8 people.

How much does it cost and what's included?

The venues could be at Jubilee Hall or the Methodist Chapel in Wistow. We can meet between 1 and 3 times a week depending on your budget. The cost per person is £10 per session. Included in this price will be Nick's invigorating Cardiotone fusion workouts along with a tailor made training programme (updated regularly) for each individual plus regular online Personal Training and support via Email, Skype, Telephone(No 60p per minute premium numbers!) etc

All age groups and abilities welcome!

If interested call Nick Ward on 07771317393 or 01757 242764 for bookings or just further details.