

Newsletter June 2011

Welcome to Positive Lifestyle Newsletter

I hope you are enjoying the summer and have the desire to be as fit as you can. I know personal training is not cheap, I am sure you cant put a price on your own health and with our expertise we will make sure you get the best out of yourself to ensure you can enjoy your holidays and have more energy and a slimmer waistline in general. I would like to take this opportunity to thank you all for being very loyal and dedicated clients and hope you feel your investment in yourself is more than worth it.

Facebook, Twitter and Youtube

We have recently updated our Facebook, Twitter and You-tube pages with new workout videos, diet tips and information on our latest deals and discounts. Also you are able to book into sessions through our Facebook and Twitter.

Show us your support and follow us on:

Facebook- Positive Lifestyle Training

Twitter- posfitness

You-tube- posfitness

Current timetable

You can see a copy of our current timetable on our website.

www.positivelifestyletraining.co.uk

Click on Fitness studio along the top and you can download a pdf copy on the right hand side.

Studio Classes/Personal Training

At our studio we provide personal training and a wide range of classes from boxercise to pilates, yoga, kettlebells, ultimate challenge, abs bums and tums to bootcamp, mums and babies, Zumba and much more. Many of our clients are combining the classes alongside the personal training to ensure the optimum 3 sessions a week are acheived. If you need any more home programs setting please speak to your trainer and he will ensure you have one made for you.

As requested by some of our clients we have started a running club within our wide range of classes. It runs every Monday at 7.25pm-8.25pm.

Staff

Wayne (Ritzzy)- is still the head trainer and constantly trying to move the business forward. Thoroughly enjoying being first time father of Joel who is one year and 7 months now. Still thinks he's half decent at cricket in his spare time!

Gary (Gaz)- is the senior trainer and responsible for organising all our PT sessions. Father of two, Dominic is 9 years old and Findley is 6 years old. He still has aspirations of playing in midfield for Spurs.

Ross (Rosco)- Massively popular trainer, now into his 6th year at PLT. Congratulations on his little boy Oliver who is now 8 months old. He fully appreciates how hard it is to fit exercise into full family and busy life but is doing a great job at it.

Jon (Jon boy)- Really hard working trainer, adds lots of new ideas to the team. Now been working for PLT for 4 years and is constantly striving to be the best trainer he can. Keen gym goer, experienced footballer and trains in mma.

Adam- a hugely popular trainer who has unfortunately for us been given the opportunity to play rugby in Hong Kong. We wish him all the best and we look forward to his return one day.

Joe- mainly works the weekends in the studio and continues to a high level of local league football.

Kate- the pilates and yoga guru in our studio. The classes continue to be our most popular due to her enthusiastic and educational approach.

Leanne- the zumba dance teacher. Recently began with us, so come along and have fun on Monday night 7.30pm.

Louise- our new sports therapist is a welcome addition. She offers sports and advanced remedial massage and reflexology. She has an introductory offer on with the new leaflet to try a session for £25. Please call Louise on 07866801966 to book you an appointment in the studio on a Thursday or Friday.

New to the team include Steve Davis and James Ritson who we hope to give more work to and also our students Richard Wilson, Oliver Tennant and Glen Nesbitt who have completed their placement and have been fully trained up by Wayne as have all the trainers during their six week in house program.

As an opportunity to say thank you if you can introduce Positive Lifestyle Training to a new personal training client who signs up and becomes a regular client i will

give you 5 free personal training sessions. I will offer the same to class client's recommendations up until Sept 1st so please get recommending and benefit yourself as well as us!

Current Prices

Studio classes:

1 session (1 hour) £9
10 sessions £70 (£7 per class)
20 sessions £120 (£6 per class)
30 sessions £150 (£5 per class)

Personal training: Studio prices

Course of 6 £240 (£40 per session)
Course of 10 £380 (£38 per session)
Course of 20 £720 (£36 per session)
Course of 30 sessions £1020 (£34 per session)

Outside Personal training prices start from £41 and increase with amount of travel involved.

Share the cost options are available where you can train with a partner or a couple of friends for the same price.

At PLT we have a 24- hour cancellation policy. Please note that late cancellations will be charged at the full amount for the session.

Latest equipment

At Positive Lifestyle Training we are always looking out for latest equipment to provide great workouts. The most recent items have been the ab dolley and body -blades. The ab dolley is a wheel system with a firm base and is a great piece of equipment for abs and core. The body blade helps to maximise repetitions and are also good for muscle rehabilitation.

We have a number of videos on our Facebook and Youtube sites using these pieces of equipment and lots more which you can feel free to take a look. Please let us know what you think and if there is anymore workout videos you would like to see don't hesitate to let us know.

We are constantly researching new techniques and you can rest assured you are receiving the best and most up to date training that there is in the fitness industry.

Please find below our Annual Golf day on Friday 12th August 2011 which you are all welcome please let me know asap if you would like a spot reserved.

On Saturday 2nd July myself and Kate are running a special Fit ball and Pilates Workshop from 11am-2pm with lunch at Pizza Express in between. If you are interested in attending please call Wayne on 07974 322 735. The cost of the workshop is £30.

Do you have any children that would benefit from playing some sport and fitness games these summer holidays while you can maybe pop in to town to do your jobs? Our summer camps running each Tuesday - 1pm to 4pm from July 12th until August 30th. Costs are £15 per session or £80 upfront for all. Suitable for ages 4 to 10 and from 11 to 15yrs old. Please book asap!

Once again, many thanks for being such loyal clients and please do not hesitate to contact me should you have any requests or questions.

Many Thanks

Wayne

Positive Lifestyle Training's
Annual Golf Day.

Where - City of Newcastle Golf Club
Three Mile Bridge
Gosforth
Newcastle
NE3 2DR

Date - Friday 12th August 2011.

Time - 145pm for a 215pm tee off.

Cost - £30

After golf there will be a 2 course meal and a prize giving ceremony. (please let me know if you have any special dietary requirements?)

Please confirm your place by email wayne@positivelifestyletraining.co.uk or send this below slip back to the below studio address and send a cheque made payable to Positive Lifestyle Training.

Many Thanks

Wayne Ritzema.

I Would like to book places on the
Positive Lifestyle Training Golf day.

Any dietary requiements.....