



# Positive Lifestyle Training

Newsletter

June 2014



**positive**  
lifestyle training



## Welcome to Positive Lifestyle Newsletter 2014!

I would just like to take this opportunity to thank you all as very valued clients of ours! It has been a difficult few years for our business but at this current time, we are going as well as we have ever done!

I know your holidays are approaching and personal training is not cheap, but I am sure you can't put a price on your own health, and I hope with our unique sharing sessions option we have made our sessions more affordable and the results will speak for themselves.

With our expertise we will make sure you get the best out of yourself to ensure you can enjoy your summer holidays, have more energy, and a slimmer waistline to show off on the beach!

Many thanks,

Wayne

I would like to take this opportunity to thank you for being loyal and

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## Great Gift Idea for Birthdays or Christmas

Why not buy a healthy present for someone you know?

Simply let us know how much you want to spend and we can tailor a voucher for you to give as a present.



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**Follow us!**



**Make sure you are the first to hear our exclusive offers especially for you!**

**Facebook** - Positive Lifestyle Training

**Twitter** - @posfitness

**YouTube** - posfitness

**Book sessions with us via**

**[info@positivelifestyletraining.co.uk](mailto:info@positivelifestyletraining.co.uk)** or call us on  
**07974 322735 or 0191 2859888**

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## Current timetable

You can see a copy of our current class timetable on our website:

[www.positivelifestyletraining.co.uk](http://www.positivelifestyletraining.co.uk)

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



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## Our Team:

**Wayne** - Head trainer who is constantly trying to move the business forward. He still thinks he can play half decent cricket in his spare time! He & Anna had beautiful baby girl last July - sister for Joel

**Gary** - He has been with Positive Lifestyle for 11 years now, he is our Senior trainer who is responsible for organising all our PT sessions. He still has aspirations of playing in midfield for Spurs.

**Richard** - Graduated from Northumbria University with a Sports Science Degree, he has now worked with us for over 3 years and is becoming quite the popular choice with our clients.

**Matt** - Keen triathlete - his bubbly personality helps our clients enjoy the sessions even more.



**James R** - Having taught Personal Training in Spain, James is back and working hard, specialising in his boxercise routines.

**James H** - trained at European Institute of Fitness. He played professional Ice Hockey for 11 yrs and still plays at a semi professional level

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


**Kate** - Pilates & Yoga guru. Her classes continue to be our most popular due to her enthusiastic & educational approach.



**Louise** - our new Sports Therapist - is a welcome addition to the PLT Team. She offers sports & advanced remedial massage & reflexology.

**Elaine** - our superb receptionist- the studio would not run as smoothly as it does without her.





# Sports Therapy - Introductory offer!

Try a session of remedial massage or reflexology for only £25 for your first session!

Birthday Gift Vouchers available.

Please call Louise on 07866801966 for further info or to book an appointment.





## Current Prices

At PLT we have a 24- hour cancellation policy.

Please note that late cancellations will be charged at the full amount for the session

- Studio classes:
  - 1 session (1 hour) £8
  - 10 sessions £70 (£7 per class)
  - 25 sessions £150 (£6 per class)
  - 30 sessions £150 (£5 per class)
- Studio Personal training:
  - 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)
- Personal Training at Home (6 sessions):
- Group Personal Training:

|                                |      |
|--------------------------------|------|
| Less than 10 miles from Studio | £246 |
| 10 - 15 miles from Studio      | £258 |
| 15 - 20 miles from Studio      | £270 |
| Over 20 miles from Studio      | £282 |

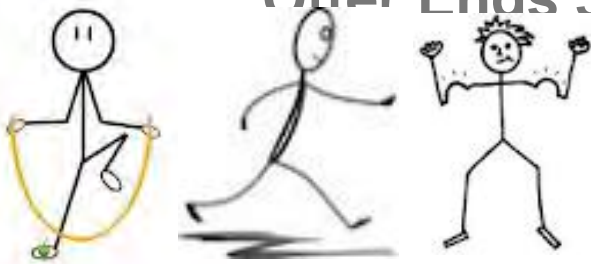
£40 per session can be split between you and a maximum of 3 friends. e.g £10 per person!



## ‘Recommend a Friend’

If **you** introduce someone who signs up and becomes a **regular client**, you will receive **5 FREE sessions!** That's **£200 saving!**

**Offer Ends 31 October 2014**



**you 5 free personal training sessions.**



# Positive Lifestyle Training – leading the journey towards a fitter you!



[www.positivelifestyletraining.co.uk](http://www.positivelifestyletraining.co.uk)

