

READY

FOR YOUR BETTER BODY?



BETTER
BODY
GROUP®

Quick guide ↓

WHY JOIN US?

Because we're obsessed...
with getting results. Whether
it be through our amazing
graduate qualified trainers,
our unparalleled facilities, our
advanced techniques or just our
unbelievable enthusiasm.
Oh, and we're really friendly!

QUALIFIED EXPERTS



Our graduate
qualified specialists
for all ages, levels &
conditions. It's time
to get more out of
your body.



TELL US

Use your free
consultation to tell
us exactly what
you want and when
you want it.



SPECIALIST TESTING

**Comprehensive
health/fitness
assessment. Monitor
your progress and
access unique life
enhancing data.**





SERIOUS FACILITIES

**Our unrivalled
training centre
provides more
space & more
equipment
at a time that
suits you.**

FAQS

DOES IT COST THE SAME TO TRAIN WITH A FRIEND OR PARTNER?

Yes, a shared personal training session costs the same as a single session

IS GYM MEMBERSHIP FREE WITH PERSONAL TRAINING?

Yes, gym membership is included with our personal training package.

HOW MUCH IS PERSONAL TRAINING?

Personal training starts from as low as £60 per hour session.

DO YOU OFFER A KICKSTARTER PACKAGE?

Yes, we offer a groundbreaking 6 week transformation package.

IS THERE FREE PARKING?

Yes, there are 2 free car parks available.

WHAT AGE CAN CHILDREN DO PT?

Children can do personal training from the age of 7.

CAN YOU HELP WITH NUTRITION?

We have a range of nutrition solutions tailored to your goals.

HOW DO I GET STARTED?

Simply call or email to book a free consultation.



*LET'S
GO!*

FREE
CONSULTATION
AND TOUR

Call now to get started

01732 451979