

# Hersham Place Fitness & Wellbeing Centre

The onsite Fitness & Wellbeing Centre at Hersham Place provides you with a convenient place to exercise before, during or after work. Whatever your fitness goals are, we can help you achieve them...

## The benefits of exercise

- A healthy mind and body
- Weight management
- Stress relief
- Disease prevention
- Increased fitness levels

## Equipment and facilities menu:

- Cycles
- Steppers
- Rowers
- Studio
- Stretching Area
- Arc Trainers
- Treadmills
- Free Weights Area
- Resistance Machines

Opening hours:	Open	Supervised
Monday	7am-8pm	10am-6pm
Tuesday	7am-8pm	7am-3pm
Wednesday	7am-8pm	11am-7pm
Thursday	7am-8pm	7am-3pm
Friday	7am-7pm	7am-3pm
Saturday	Closed	-
Sunday	Closed	-

Membership:	Per Month	Pay per session:
Air Products Employees	£20	Air Products staff: £2.20
Contractors	£25	Tenants: £2.50
Tenants	£25	

The Fitness Centre offers a wide range of activities, these include:

- Fitness Classes
  - Spinning / Spin Circuits (Pay per class £3.00)
  - Circuits (Pay per class £3.00)
  - Total Abs (Pay per class £2.00)
  - Boxercise (Pay per class £3.00)
  - Yoga (Pay per class Members £6.50 Non members £7.50)
  - Stability (Pay per class £3.00)
  - Shape and Tone (Pay per class £3.00)
- Personal Training
- FitLife Assessments and Reviews
- Nutritional and Lifestyle Advice
- Fitness Programme Design

**For membership enquiries or an informal chat, please contact either Rebecca Longley or Jon Wiffen on 01932 249806**

### **FitLife Assessment**

Upon joining the Fitness Centre you will undergo a FitLife Assessment. The assessment consists of a one-to-one talk with a fully qualified instructor regarding your current lifestyle and the main factors that affect it, i.e. levels of fitness, medical background, nutritional habits, resilience levels, smoking and alcohol consumption. You will be asked to participate in a series of health measurements to establish your weight, height, blood pressure, BMI and waist to hip ratio. During the consultation we will give you the relevant advice that will help you to achieve a healthier lifestyle. The FitLife Assessment can be reviewed as often as you like to help you keep track of your health.

### **Fitness Programme Design**

Using the results from your FitLife Assessment we can design you a suitable exercise programme. Your programme will be unique and designed with your goals in mind. It will be specific to your needs so that you get the most from your workout.

### **Personal Training**

- Personal Training can help you to:
- Look and feel fabulous
- Change your body shape
- Lose weight
- Increase muscle size
- Gain strength
- Improve your fitness
- Relieve stress
- Improve your lifestyle

Our onsite REP's Level 3 Personal Trainers, Rebecca Longley and Jon Wiffen, offer a variety of services and motivation that go far beyond a general exercise programme. They can provide you with a personalised health and fitness programme to suit your lifestyle and your goals. Through consultation, they will help you identify your ultimate fitness goal and make reaching that goal fun. You will be safely guided through your journey towards your goal, developing progressive objectives and step-by-step weekly plans, which will also address key areas like:

- Muscle imbalance
- Rehabilitation from injury
- Nutrition
- Flexibility

### **Prices**

Individual Session	£30
Block of 5 Sessions	£125
Partnered Session	£40
Train with a friend, Sessions are 45-60minutes.	£20 each

***Why not become a member of the [Hersham Place Fitness & Wellbeing Centre](#) and let us show you how easy it is to enjoy a healthy, balanced and enjoyable lifestyle.***

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