

Client Testimonials

'As well as Lauren being a colleague of mine, she has also helped to train me in the gym and I feel that she has been a significant factor in the increasing of my fitness levels. She has encouraged me to challenge myself and complete a testing training programme which has become a lot easier over time. Lauren strives to achieve the highest results out of each of her clients through her enthusiastic and approachable nature. She devises programmes to keep a person focused during their workout using a variety of exercise methods and I personally feel very accomplished after a gym session trained by her!' - Charlotte Kirton

'I am not the type of person that either enjoys exercise or is self motivated. Lauren has been great at getting me in the gym and focusing on my goals, whilst keeping me challenged and committed to my training program. Lauren makes training almost enjoyable through her infectious cheery personality; she listens to the client and creates a program with their goals in mind, that is varied and demanding. Although I found the program difficult, the sense of pride that I felt, that I was working hard towards achieving my goal was more than worth it.' - Brandie Riseley

Hannah Walter has been my personal trainer since June 2009. During this time she has motivated me to achieve challenging but realistic goals. She has offered me advice on nutrition, analysed my food intake, researched my health issues and effectively applied her understanding to my programme. She has continually monitored my progress making appropriate adjustments to my programme and encouraged me to feel comfortable in enjoy a gym environment. - Nicola Bailey

'As clients go I am probably the worst kind, lazy, lazy and probably a little lazy, so it's a great credit to Hannah that for over a year she managed to get me off the couch twice a week, to trampoline, bench press, squat and more exercise than I could throw a TV remote at. I hugely enjoyed the session we had (as did my waist line) and could not recommend Hannah highly enough.' - Steve Cole

'As a serial dieter with little success, I was at the end of my tether when I contacted Hannah to help me improve my overall fitness and lose weight. As a full time working mother with little time to spare, Hannah was exactly what I needed. Both flexible around timings and happy to come to my house, Hannah's calm and encouraging with a lovely manner that made me comfortable from the outset. Hannah introduced me to many different tools and techniques using different equipment and therefore kept me interested and inspired. Overall the sessions were great value and really suited my life style.' - Katie Taylor

GET Motivated, GET Started, GET Results with Personal Training



Personal Training @ Knights

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Is Personal Training for me?

Personal Training (PT) is for anyone and everyone.

PT is best described as an intense physical training course in fitness knowledge and self discovery whilst reaching a desired goal.

A personalised fitness regime and an optimum calorie intake guide will be designed by using fitness testing results to ensure maximum efficiency and effectiveness.

Progress will be constantly monitored so that your routine can be effectively adjusted with small tweaks and changes to compensate for your increase

in strength and fitness levels for an improved rate of progress. You can see a personal trainer from once a month to three times a week, you will discover optimum exercise techniques, and be pushed that little bit further with our friendly and knowledgeable trainers.

We aim to build an understanding of exercise technique and nutrition so that once you reach your desired goal, maintenance is easily and understandably achievable.

We thrive on customer satisfaction.

We make reaching your health and fitness goals our number one priority.



£30 per hour session

Pre-paid sessions are also available.

Why use a Personal Trainer?

- Achieve more in less time training
- Train effectively
- Try new exercises
- Achieve your goals quickly
- Build stronger, leaner more toned muscles
- Burn more fat
- Reduce body circumference
- Improve your posture
- Change your body shape
- Lifestyle advice
- Expert diet advice
- Learn to engage your core muscles
- Increased motivation
- Train specifically for your sport
- Enjoy training again
- Become posturally aware
- Educate yourself how to continue exercising effectively long term