

GROUP THERAPY



SHAPEZ GroupTherapy Fitness Benefits:

- ⚡ Personalised goal oriented programs
- ⚡ Convenience - we come to you!
- ⚡ Caters to all fitness levels
- ⚡ Reach or maintain a healthy weight
- ⚡ Exercise for affective inch loss
- ⚡ Tone your body
- ⚡ Professional exercise instruction
- ⚡ Progressive Programs
- ⚡ Small groups for effective training
- ⚡ Pay less by sharing the costs
- ⚡ Fun Programs
- ⚡ Feel good about your self



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SHAPEZ ATHLETIC

Small group personal training

This is a great way to get into shape whilst having fun. Group personal training can help you to:

- lose weight
- tone up
- gain energy
- improve stamina
- increase your motivation

Your trainer will design a unique exercise program around your goals, personalising a health & fitness solution specific to your group.

Form your own group

- Once your own personal training group is assembled, sessions can take place just about anywhere, including your home, work place or local park.
- Next thing to do is nominate a time and place for the group session with your trainer.

Day of session

Group members should bring the following items to all GroupTherapy sessions:

- comfortable workout clothing
- bottle of water
- exercise mat
- your self

Fee structure

- Pay As You Go - 60 pounds per 1 hour session.
- 10% discount for block bookings of 6 or 10 sessions.

A maximum of 4 people are required for each session.

To ensure maximum benefit and results, it is recommended to exercise 2 - 3 times a week.

If rescheduling or cancelling appointments, please call at least 24hrs in advance to avoid a 25% cancellation fee.

Bonus sessions

For groups that make regular bookings, random bonus sessions will take place. GroupTherapy bonus sessions are all about fun & games e.g.

- last woman/man standing
- rounders
- GroupTherapy olympics?
- tennis
- football

1 bonus session every 6 weeks. 30 to 60 mins long and starts after the normal session. FREE of charge.

Your trainer

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