

# smallgrouptraining

Small Group Training (SGT) is one of the most important developments at Elite Fitness. It gives our members the chance to try different types of training with the encouragement of our trainers. We want people to achieve more in the time they have available to train and Small Group Training does just that.

## What members of Elite say...

"I have experienced 3 small group training courses all of which I have gained confidence to do other classes, and have encouraged other people to try them, Thank you for pushing and believing in me."

"I love them. I have been doing them since November 2010 and I am totally addicted. The trainers are very motivating and push you to the max. They are very observant and have watched my progression throughout and know me very well."

## Price list



### Unlimited SGT **£50**

If you are short on time, motivation or just want direction in your training then choose this option. We provide Work out of the Day (WOD), GI Jane, Drop a Dress Size and skill based training classes called Fundamentals.

Fundamentals helps you learn how to Squat, Deadlift, use the Olympic lifts or any other gym based skill you would like to learn or get better at. Add to this monthly features such as body fat measurements, 5km time runs and Functional Movement Screen (FMS) and you get the complete training package.

- ✓ **New to training and the gym**
- ✓ **Extra motivation and support is what you need to get the best out of yourself**
- ✓ **Personalised training sessions every day**

### Members **£70** 10 credits

Before you commit to our monthly unlimited SGT membership you could do a "try before you buy". Or use your 10 credits to pick up your training...

Why not pick up your training around your birthday, a holiday or a special occasion?

- ✓ **Need the flexibility to boost your training when you want to**
- ✓ **Would like to try SGT before you commit to the unlimited membership.**
- ✓ **Want to learn a new skill like Olympic Lifts**

### Non-members **£85** 10 credits

Non-members are welcome to try small group training and can book online as a guest.

- ✓ **Need the flexibility to boost your training when you want to**
- ✓ **Extra motivation and support is what you need to get the best out of yourself.**
- ✓ **Want to learn a new skill like Olympic Lifts**