

## Benefit from your own personal trainer

For a truly dedicated approach to your fitness needs, there's nothing quite like the commitment of having a personal trainer. Our Personal Trainers Anna, Russ and Neil will be right there with you to help you achieve your goals by not only providing professional training but also all the support, encouragement and motivation you require to help you get fitter and feel great.

### Russ Ward

Russ prides himself on motivating people towards their personal targets. A fully qualified instructor and advanced personal trainer, his classes specialise in core strength, circuit training and weight training.

### Neil Stopforth

Neil is a Gymnastics and Martial Arts expert having performed at National and International Levels. He has an MA in Sport and Exercise Science, a Diploma in Personal Training and is a qualified Karate Instructor.

- £30/hour - 1 session
- £120 - 5 sessions
- £200 - 10 sessions

**Other activities available:** Running club, free cycle hire, yoga, aqua aerobics, gym challenges and competitions.



## Gym and Studio Facilities

### Gym and Kinesis Studio

We can help you achieve your personal fitness goals quicker with the combination of the fantastic state of the art facilities and a team of highly trained and motivated fitness coaches. Our new Health Club has a 40 plus station gymnasium with the latest Technogym Equipment. All of the equipment is controlled by a WELLNESS system allowing you to get the most out of each work out. Our cardiovascular equipment has an integrated touch screen TV with over 15 channels, plus radio stations, integrated fans and i-pod docking stations.

### KINESIS Studio

Whether individually or in groups, people of all ages can use Kinesis – for general health improvement, sports training, muscle toning and more. Its unique design allows for over 200 different exercises and an infinite variety of movements. Fitness Programming. Our highly trained team of Fitness Coaches will prescribe you a personal fitness programme allowing you to work out with the confidence that your training programme is specific and goal orientated.

### KINESIS Classes

Join one of our highly trained fitness team as they take you through a complete body workout within the gym. Our specially designed KINESIS courses include body sculpting, fitness and flexibility training and muscle development.

### Opening Times

6.30am - 10.00pm Monday - Friday  
8.00am - 9.00pm Saturday - Sunday

Membership available on request.

\* Terms and conditions apply

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FORMBY HALL  
GOLF RESORT & SPA



New  
class  
timetable  
for 2010



FORMBY HALL  
GOLF RESORT & SPA

# Time to get fit.



Fitness class timetable 2010

**£10 Off  
Hair Salon  
Offer**

Book a colour appointment at our hair salon and receive a free £10 voucher off your next visit with this leaflet\*.

## Introducing Anna Hurst

Personal Trainer and Class Instructor



Formby Hall Golf Resort and Spa is delighted to announce the arrival of Anna Hurst as their new Gym Instructor.

A fitness teacher for around 10 years throughout the Sefton and Liverpool area, Anna is a highly motivated and respected instructor who loves making people look and feel great.

She's boxed since the age of 12, is a master of martial arts and has a Master Diploma in Dance Instruction.

Furthermore, she's also a keen participant in charity fund raising. Quite simply, Anna loves helping people stay in shape and this move was a natural progression for her.

# Timetable of fitness classes 2010

## Monday

9.15am	Kinesis (T)
10.15am	Nifty 50s (A+H)
11.00am	Beginners Combat (A)
12.45am	Gym Clinic
18.15pm	LBT (T)
6.00 pm	Kinesis (T)
19.00pm	Body Combat (A)

## Tuesday

9.15am	Kinesis (T)
10.00am	Body Pump (A)
11.30am	LBT (T)
12.45am	Gym clinic
18.00pm	Kinesis (T)
18.15pm	Body Jam (A)
19.15pm	Body Balance (H)

## Wednesday

9.15am	Kinesis (T)
10.15am	Nifty 50s (A+H)
11.00am	Beginners Body Combat
11.30am	LBT (T)
12.15am	Yoga
12.45am	Gym clinic
17.30pm	Punch Fit (A)
18.30pm	Body Combat (A)
18.00pm	Kinesis (T)
19.30pm	Body Balance

## Thursday

9.15am	Kinesis (T)
10.00am	Body Balance (H)
10.45am	Yoga (H)
12.45am	Gym Clinic
18.00pm	Attack Aerobics (A)
19.00pm	Body Pump (A)

## Friday

9.15am	Kinesis (T)
10.00am	Body Jam (A)
11.00am	Body Combat (A)
17.45pm	Attack Aerobics (A)
18.30pm	Body Pump (A)

## Saturday

10.00am	Kids Dance Academy
11.00am	Yoga

## Sunday

10.00am	Attack Aerobics (A)
11.00am	Body Pump (A)

## KINESIS Shape

Beginners to Intermediate

Monday, Wednesday, Friday  
9.15am - 9.45am, 2.15pm - 2.45pm,  
7.00pm - 7.30pm

## KINESIS Superset

Advanced

Tuesday, Thursday  
9.15am - 10.00am, 7.00pm - 7.45pm

A = Aerobic T = Toning H = Holistic