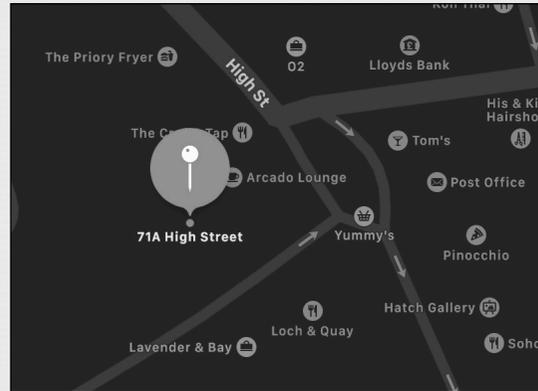


PILATES

Personal Training Session

- ◆ Flexibility
- ◆ Muscular strength
- ◆ Endurance movements
- ◆ Postural alignment
- ◆ Core strength
- ◆ Muscle balance



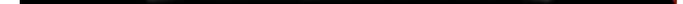
WE
~~DON'T~~
~~QUIT~~

JANA

07753 237058
jana@jskauk.co.uk
www.jskauk.co.uk

PERSONAL TRAINING

FIND YOUR
GREATNESS



Book with **Jana** today

COMPLIMENTARY

First Personal Training Session and
Consultation



Working in fitness industry is more than just a job to me.

I listen to my clients and I make their goals happen, fears disappear and confidence grow. For 12 years I have been working with clients in every single way. I will guide you through an effective and safe exercise programme, to take you on a journey to a healthy and balanced lifestyle.

My clients have achieved specific goals, worked on their strengths and weakness and some have reached their finishing line and even gained World titles. I get buzz seeing clients improving through manageable, challenging and fun workout. Let the journey start with a single step.

My favourite quote is...

"Pain is temporarily, giving up is forever"

FIND YOUR GREATNESS



PACKAGE ONE: FIRST STEP

£120

Book one session per week for four weeks and get yourself ready for a new start.

PACKAGE TWO: MOTIVATOR

£220

Need more motivation ? This is a package for you. Train with me twice a week and take it to the next level.

PACKAGE THREE: TOTAL COMMITMENT

£320

You are serious and ready to conquer your goal . Let's go for it. 3 times a week will change and help you to change your way of life.

LOST WEIGHT SPECIAL OFFER:

£150

Available for first 4 weeks programme . For an extra £30, add half an hour session extra per week. (Only available for the first time).

PACKAGE FIVE: TEAM

£140

Would you like to train with your friend, buddy , partner , wifey or hubby? This is package for you. One session per week for four weeks. Share your passion together or let's compete.

All packages are available to be tailored to any of your needs such as pilates , karate, sports specific, weight lost, pre or post operation therapy or just to get you started at the gym.

QUALIFICATIONS

Level 3 Personal Trainer with GP referral

Pilates Instructor

Combat and Pump instructor

Circuits instructor

Spin Instructor

International / National Karate Instructor and Examiner

BRING A FRIEND

Bring a friend to join one of the packages and you will receive a free session .

