

# **The Gym at Ardingly – Kratos Fitness**

## **Kratos fitness is ‘Personal Development through Personal Training.’**

Health, wellbeing and self confidence are the main aspects that our training sessions are geared towards achieving. Each session is tailored for the individual, taking into account the person’s goals, experience and ability levels. Sessions include diet planning, health MOT’s, programme design and goal setting. You won’t reach your peak with solo workouts. If you want to get in shape – REALLY in shape, come and have a free personal consultation. Explore what it is you could achieve.

## **Classes – all are £5 a session.**

### **Circuits:**

Monday 8.45am

Thursday 7pm

Friday 9.15am

### **Spin:**

Monday 7.30pm

Thursday 8.45am

## **Personal Trainer Sessions**

Normal price £35 per hour

Staff price £25 per hour.

## **Consultations (all £15 per session)**

Weight Management

Health MOT

Fitness and Conditioning Programme Design

Diet Planning

## **Contact Details:**

Matt Wren

Email: [Matt.Wren@ardingly.com](mailto:Matt.Wren@ardingly.com)

Phone: 07841 479396