

SPORTSPARK FITNESS CLUB



Fitness and nutrition coaching tailored to your personal goals.

www.sportspark.co.uk
All day every day for the community.

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Sportspark



What is the Sportspark Fitness Club?

The Fitness Club is a great value six week programme of exercise and nutrition coaching, aimed at helping our customers towards their personal exercise goals, while making sense of diet and nutrition. Whatever your goals: weight loss, toning, muscle gaining, athletic performance, or just wanting to feel more confident in the gym, the Sportspark Fitness Club is here to help you.

Who runs the Fitness Club?

Our Senior Fitness Advisor Aaron is a vastly experienced personal trainer, having trained hundreds of clients all around the world. He holds an honours degree in Sports and Exercise Science and an Advanced Diploma in Sports Nutrition, meaning he has the experience and expertise to guide you on your fitness journey.



Aaron - Senior Fitness Advisor



What do I get?

- Consultation with weigh-in and body composition
- Bespoke diet and nutrition advice based upon your personal goals and lifestyle
- Six personal training sessions
- Weekly check in by email
- Success session (a final session with a weigh-in, body composition, and full exercise programme to use in the future)



How much does it cost?



Six, one hour long training sessions

Usual cost: £180



An hour nutrition consultation

Usual cost: £30



Two weigh-ins and body composition tests

Usual cost: £24

Fitness Club cost : £150

Don't just take our word for it...

“

“Aaron offered me the tools and support to build up a consistent workout routine and gave me the knowledge to eat consciously.”



How to book:

To book visit Reception or call 01603 592398.

Or for more information email

aaron.vincent@uea.ac.uk

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