

# TFM SERVICES

## PRIVATE TRAINING: (Duration: 30 – 45 – 60 min)

### Suitable for clients:

- *Who are time poor, lacking in motivation or have an important goal (short or long term)*
- *Are new to exercise or returning after a period of inactivity*
- *Desire one to one attention before starting classes*
- *Have a rehabilitation concern or current injury*

### Options:

- *One to one OR Buddy (2 persons)*
- *Group PT 3 or more (corporate options)*

## CLASSES:

- *Max 10 persons – closely supervised throughout*
- *Support from other attendees*

## Express Classes - 35 Minutes

### Strength Open:

- *Full body resistance session for strength & muscle gain*
- *Structured session using large muscle groups*
- *Catering for all strength levels from beginners to advanced*
- *Includes some rope training to lift the heart rate for cardiovascular benefits*

### Strength Seniors:

- *Same program design as Strength Open (open to all ages & strength levels)*
- *Extra focus on balance, mobility & falls prevention strategies*

### Muscle Conditioning:

- *Resistance circuit session for muscle tone & fitness includes a rope station*
- *Trains opposing muscle groups throughout for improved posture & calorie burn*
- *Fun, motivating fast paced session that will increase your heart rate & improve your mood*

### Stretching & Mobility:

- *Improve your flexibility & mobility with specific personalised stretches to suit your needs*
- *Learn how to stretch with confidence at home further increasing your mobility*
- *Includes vibration stretching & massage to conclude for enhanced circulation and recovery*

## Premium Classes - 50 Minutes

### Boxing & Fitness:

- *Full body fitness & conditioning - with 10 different stations*
- *De stress and improve your mood with this interval training cardio session*
- *Learn how to punch properly - includes 1 to 1 time with your trainer on the mitts & bag*
- *Nothing to bring – gloves and inners provided*
- *Kickboxing options are available at some stations*
- *Concludes with a 5 min resistance circuit*

**GET THE MOST FROM OUR STUDIO**