

OO SMALL GROUP OO PERSONAL TRAINING (SGPT)

Your tailor-made programme starts here. Each session follows a framework that works with your individual ability. Full-body, time-efficient exercises set to your pace. You'll get all the benefits of one-to-one training in a friendly and sociable environment.

Max class size: 6 people

•O ZONE MATCH

Embrace your competitive streak in this fun and fast-paced class. Using Myzone, each cardio and bodyweight exercise is given a target zone for you to reach. The closer you get, the higher your Zone Match score moving you up the session leaderboard. Are you ready for the challenge?

Max class size: 6 people

◊ SWEAT

Who doesn't want to burn maximum calories in minimum time? An intense workout guaranteed to get your heart racing and every muscle moving. Sweat pushes you to give your best on the day. Have fun, get fit and feel incredible.

Max class size: 6 people

● PARKLIFE

Outdoor park session to get your heart pumping and lungs working. These sessions will take place at Berkhamsted Cricket Club.

Max class size: 12 people

◎ BUILD

Maximise muscle shape and tone with this intensive resistance training class. Featuring a combination of higher repetition movements and circuit-style workouts, these sessions are ideal for toning the upper body and building lean muscle.

Max class size: 6 people

○ BRING YOUR BUBBLE

Our exclusive 4 week offer invites you to form a bubble with four BFF's and give us a go. For just £50pp, you'll get the full BRF treatment for a month:

2x small group PT sessions a week, unlimited classes, body analysis and nutrition plan. All the results of working out with a personal trainer, all the fun of training with your mates.

Max class size: 5 people

