

CHARLIE DON'T SURF

Training Fees & Conditions For New Clients

2009

Training slots are for one hour and must be pre booked and paid for by standing order monthly in advance (regular client). **10% Loyalty discount** awarded after two years continual training.

Fees

Training * 1 pw = £110.00 per month
Training * 2 pw = £220.00 per month

Cancellations

Please note that as a "regular client" slots are non-transferable and are available for the pre-booked time only. Training slots may be taken as massage at no additional charge.

Cancelling a Regular Appointment & Standing Order

4 weeks notice is required; You are not tied into a contract but once cancelled all subsequent training will be at the discretion of the instructor.

Stand Downs (no training)

The following timings will apply

11th – 24th May 2009 (inclusive)
12th – 25th October 2009 (inclusive)
25th December 2009 – 1st January 2010
(Christmas/New Year)

It is recommended where possible that holidays and other interruptions to training are taken to coincide with the above.

Training Slots

Contact us for current availability

H Meckiffe (P.T.I)

Client Testimonial

"I joined a gym with a friend but we didn't really try very hard and soon got bored and left. I used to think about joining a gym but put it off as everyone else looked so confident and fit. I'd heard about Harry and decided to see how his approach to fitness would benefit me.

His first chat was welcoming and as the tuition was one-to-one, I could exercise without the preliminary embarrassment of being an unfit novice.

The first year was a steep learning curve, but seven years later, I am still at the gym.

Harry's approach is that hard work reaps its benefits. He instils confidence in you to push your boundaries but exercise safely. The variety and range of exercises taught are impressive and his enthusiasm is infectious.

No two weeks are the same, which certainly adds interest, and I am fitter, stronger and healthier than I was when I was thirty."

Andrea; Saltburn; Age 45

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01287 626007

Unit 1, The Foreshore Building, Lower Promenade, Saltburn-by-the-Sea, TS12 1HQ
e-mail: fitness@charlie-dont-surf.co.uk
www.charlie-dont-surf.co.uk/fitness

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CHARLIE DON'T SURF

Charlie Says

If you sincerely want to make a change, the first thing you must do is raise your standards.

A minor change in behaviour or attitude can have a major effect.

Self-control can be developed, in precisely the same manner as we tone up a weak muscle—by little exercises day by day.

Continuous effort—not strength or intelligence—is the key to unlocking potential.

In all human affairs there are efforts, and there are results, and the strength of the effort is the measure of the result. Chance is not.

If you must begin then go all the way, because if you begin and quit, the unfinished business you have left behind will haunt you all the time.

With applied effort what was once difficult will become routine.

Even when you're on the right track, you'll get run over if you just sit there.

Introduction

There are masses of information from dozens of different sources that seem to be in constant conflict as to what is good and healthy and what will harm us. So how do we decide what is relevant, what works and what doesn't? **Common sense!** I have been training and teaching for 25 years and in that time there are certain truths that come up again and again. First of these would be that any thing we do to excess will have a negative effect: even exercise! Second is to understand that cause and effect apply to our physical condition. Our bodies, male or female young or old, do not know or care where they are, they simply react to external stimuli. Sedentary behaviour and too many calories over an extended period will result in a body that becomes **weak and fat**.



Jane demonstrates correct technique for the humble press-up. Simple exercises regularly performed yield real results (no gym required)

How do I start?

If you are fundamentally unhappy with the way your body looks and feels then a decision to take control is the first step.

Motivation is the key to successfully transforming ones physical condition permanently and for the better.

It is essential that an understanding of realistic timescales is understood from the outset. With this in mind our programmes are designed to run 6 months to a year minimum.

Use It or Lose It

Don't allow yourself to think that you'll get up one morning and your body will have reached a pinnacle of perfection that maintains itself. With training and body conditioning, as with most things

that are worth having, results are hard won and have to be regularly maintained.

The Instructors

Harry Meckiffe

Qualifications

British Army PTI

BWLA Coach

Sports Masseur

Experience: 25 years



Harry demonstrates wide suspended ring press-ups

Jane Kennedy

Qualifications

BWLA Leader

Experience: 20 years



Jane demonstrates correct technique for 45 degree hyper-extensions (total conditioning exercise—no bad backs here)