



THE RITZ SALON

PERSONAL TRAINING AT THE RITZ

Whether staying with us for business or leisure, guests at The Ritz can now maintain or even start a Personal Training routine in our Fitness Suite, under the expert guidance of Sarah Wright.

Sarah is founder of Emulate Sports Fitness and an experienced and qualified Personal Trainer. Sarah's individual approach to personal training is focused entirely around her client's needs and aspirations. After a thorough consultation, goals are set that are both realistic and achievable and fully integrate with clients' lifestyles.

BENEFITS OF PERSONAL TRAINING

A tailored Personal Training programme can benefit everybody regardless of their fitness level and can help improve strength, flexibility, endurance, posture and balance. Learning new ways to improve your health can also help reduce stress and anxiety, increase energy and help you reach and maintain a healthy body weight and good cardiovascular health.

SAFETY FIRST

Before any training takes place, new clients need to complete a brief medical consultation. This takes place in the Fitness Suite and takes around 30 minutes. It includes a pre-exercise questionnaire and resting heart rate and blood pressure readings.

PERSONAL TRAINING SESSIONS

- **INITIAL 1 ½ HOUR PERSONAL TRAINING SESSION** **£125.00**

1 ½ hours working with Sarah on a one-to-one basis. This includes the medical consultation, followed by a short discussion to determine your aims. In the final hour you'll work through a personalised, bespoke exercise routine, developed to fully realise your health and fitness goals.

- **FOLLOW UP 1 HOUR PERSONAL TRAINING SESSIONS** **£85.00**

A 1 hour session dedicated to achieving your pre-set goals. Again, this will be conducted on a one-to-one basis with Sarah, using the luxury Fitness Suite and its facilities.

- **BLOCK BOOKINGS OF 5, 10 OR 20 PERSONAL TRAINING SESSIONS**

5 Fitness Suite Personal Training Sessions (Free Medical Consultation) **£425.00**

10 Fitness Suite Personal Training Sessions (One 1 hour Free Session) **£805.00**

20 Fitness Suite Personal Training Sessions (Initial 1 ½ hour Session Free) **£1,615.00**

Terms & Conditions. Please Note: The first session for each of the block bookings will last 1 ½ hours, as time is required to complete the medical consultation. This will take thirty minutes and is followed by a full hour of one-to-one fitness training. All prices are correct at time of going to press. 08/06.

BOOKING A PERSONAL TRAINING SESSION

Please leave your details at the Hallporter's desk and Sarah will contact you to make an appointment.

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