

PERSONAL TRAINER MARK IS SPOT-ON

Anyone who thinks having the benefits of their own personal trainer is out of their league can think again!

Mark Padgett is a professional fitness expert with a wealth of experience which he passes on to everyone who attends his gym at Coalville's Springboard Centre.

The expert trainer has devised a unique scheme whereby he can help everyone get the most out of having their very own professional personal trainer - up to six sessions a week - for just £50 a month.

What a great way of getting your own dedicated trainer without breaking the bank!

John Allin, pictured here with Mark, says he has never been so fit and healthy since signing on to the £50 a month deal. The 67-year-old painter and decorator says: "I am certain that going to Mark's Gym six days a week keeps me supple and agile. Apart from that, he is such a nice bloke and easy to work with."

"I have tried other gyms but you don't get any personal attention, whereas with Mark he is always there to guide you in everything and give sound advice about the level you personally should be aiming for. I trust him completely and his knowledge is second to none.

"He takes things at a pace to suit the individual, which is brilliant because in my job I can't risk getting any strains or sprains by overdoing it, yet the level of stamina and fitness I now have keeps me feeling great."

"I'm sure I wouldn't be able to do as much as I do and keep working at what is quite a physically demanding job if I didn't get the help from Mark at his gym, which is really well-equipped with modern machines.

What Mark doesn't know about fitness and health isn't worth knowing. He has many qualifications achieved over the years he has dedicated his life to helping people achieve a good level of fitness and health.

Mark explains: "I am passionate about helping people and the best way I personally can do that is by looking at them as individuals and working out their own fitness plan."

"Feeling fitter gives the whole person a boost – it helps their confidence and improves morale as well as increasing stamina, and Mark runs 25 classes a week for individuals to choose from within the £50 a month package. Every person benefits from his personal professional attention and ongoing advice.

In addition, those who sign up for this uniquely individual way of training with Mark also benefit from 20 percent discount for fitness testing and holistic therapy treatments from his partner Sallyann, a qualified therapist with a studio at Springboard.

People often visit Sallyann for aromatherapy or Indian head massage after a training session with Mark and enjoy the same friendly professionalism from both of them.

Mark launched a weight loss programme a month ago, which is already proving a great success. Those lucky people who signed up have not only shed lbs, but also stand to gain cash prizes for those who manage to lose the most weight.

Some have also taken advantage of Mark's popular Stretch and Relax sessions or the Legs Bums and Tums classes which are extra to the personal training sessions enjoyed by those on the £50 a month scheme, but still brilliant value at just £6 a session or £4 for those on the monthly scheme.

If you've always wanted a friendly and professional expert in fitness to be your very own personal trainer in a fully equipped gym, pick up the phone and dial Mark Padgett on 01530 839531 – quick, before all the places are snapped up!