

### **Personal Training**

A 1:1 session with a trainer matched to your specific goals and requirements. After a free consultation with our Training Manager, we will allocate a trainer to you who has the right knowledge and skills to achieve your goals. Sometimes you may work with more than one trainer if a combination of skills is a better solution for you.

You can train at our studio in Kew or we can come to you. You don't need to have any equipment as we supply everything. All you need is some space at home, in the garden, at work or the local park! Alternatively, if you have a home gym, we can make sure you get the best out of it.

### **Buddy Training**

A 1:2 session as above except this time you can choose a buddy to train with. This can help to improve motivation further, give you a training partner outside of your sessions and reduces the cost too!

### **Bespoke Classes**

At motive8 we run a variety of indoor and outdoor group exercise classes tailored to the needs of the participants. If you would like to set up a class or join a group, contact us for your nearest location or to discuss your group requirements.

We currently run:

- 6am pre-work circuit classes
- 9am post-school run boot camp
- Lunchtime Blast Class (40min session)
- 7pm post-work circuit classes

### **Pilates**

Pilates is a mind body exercise with its main focus being correct postural alignment and spinal stability in conjunction with mobility. It is a fantastic way of improving your body awareness and has also been widely used in the treatment of back pain.

At motive8 we offer both 1:1 and small group matwork Pilates sessions at our studio or in your home. Our instructors are all trained with the Australian Physiotherapy and Pilates Institute (APPI).

### **Ante/Post Natal**

The time to be at your most healthy is when you are eating and exercising for two! Exercise is commonly avoided during pregnancy but if you have been exercising then there is no reason to stop, you may just need to change a few parts of your routine to work with your body.

We have trainers with ante and post natal experience who can help you have a fit and active pregnancy. The training can help:

- Improve your posture
- Reduce Stress Incontinence
- Strengthen your muscles supporting your back and pelvis to reduce the likelihood of related back pain

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- Get you safely back to exercise after you have had your baby and back to the pre-baby you!

### **Performance Training**

Are you training for a particular sport or event? Whether you are an experienced elite athlete or training for an advanced event for the first time, our experienced strength and conditioning team will analyse the energy requirements of your particular event and structure your training to improve the relevant energy systems, techniques and overall performance for you.

### **Key Questions:**

#### **What do I wear?**

Wear comfortable clothes that you can move freely in and a good pair of trainers (if you are unsure we can assess your foot posture and walking pattern and help you chose the right pair). Ladies, we advise you wear a well fitted sports bra (for tried and tested brands our female trainers can help!)

#### **What else do I need?**

If you are coming to our studio we provide you with a workout towel and a shower towel if required. We also have a water machine. Whilst we do supply cups, in the interest of the environment we suggest you bring a drinks bottle to fill.

If we are coming to your home, you need to supply the towels and water for yourself but we will bring any equipment required for the session.

#### **What happens if I am late?**

If the trainer has time they will usually still give you a complete session. If they have another client booked in afterwards they will have to finish at the end of your booked time.

If the trainer is late at any time they will give you the complete session. If you cannot run late on that day, the trainer will make the time up on another occasion of your choice.

#### **Is there a cancellation policy?**

Yes, if you cancel with less than 24 hours notice you will be charged for the session.