

HOLISTIC WELLNESS

800 SQ.FT
AIR CON
GYM



SAI
KUNG'S
ONLY...

& FITNESS STUDIO

2:1 TRAINING

If you'd like to train with a buddy, it's more economical than going it alone, while still gaining close attention. You might like the competition or motivation factor of training with a friend or spouse.

Why choose 2:1 training over group training?

- Close coaching for form or technique which is not always possible in a group setting
- You need motivation to train and your buddy can help. Dropping out of a class can be too easy!
- You want to focus on strength training rather than Bootcamp type fitness workouts, perhaps because bootcamps have caused you pain or injury in the past, perhaps you are just not a cardio king or queen!
- You have certain pain or conditions requiring close supervision and coaching during exercise.
- You have never strength trained before but are keen to try
- Ideally two people with similar goals/ fitness or ability levels should train together. It's advisable that Individuals with injuries/ post child birth should begin with 1:1 training.



"Ally gave me the confidence to push myself physically and to change my body into a more toned and sculpted version of myself. She not only trained me to get those muscles and to trim the fat, but looked at my diet and coached me on how to eat correctly, which was a key factor in creating the change I so desperately wanted, but didn't know how to do. If anyone out there wants to look and feel great then Ally is definitely the person to help you achieve that"

Your coach Ally van de Pol is a NASM-CPT Personal Trainer, AFPA Certified Holistic Nutritionist & AAHF Senior Exercise Specialist, plus First Aid and CPR qualified.

www.dragonfitnessandcoaching.com
ally@dragonfitnessandcoaching.com