

## Session Overview

No session is ever the same. Sessions are programmed to cater for all fitness levels. Injuries and limitations can easily be worked around with exercise alternatives.

**Session duration: 55 minutes**



### GROUP PERSONAL TRAINING:

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#### Outdoor Group PT

A functional outdoor conditioning session combining bodyweight strength, boxing, running (alternatives available), cardio and HIIT. These sessions start at Hampton lifesaving club and unfold along our beautiful Hampton beach foreshore.

#### Indoor Group PT

A functional indoor conditioning session at our studio combining cardio, strength training & HIIT.

#### Run Group PT

Run Group is an instructed interval and fartlek based run session and is programmed to cater for beginner to advanced runners.

#### Beach Boxing PT

A boxing focused outdoor session mixed with cardio and body weight strength conditioning.

#### Bodywork & stretch

A combination of exercise based stretching, yoga movements, foam rolling and trigger point release exercises. The perfect injury prevention session.



### OPEN GYM PERSONAL TRAINING:

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Open Gym Personal Training allows you to complete a strength & cardio conditioning 'workout of the day'. No session is ever the same and work when you want during allocated session times.

Similar to traditional 1-on-1 personal training (just without the cost!) an MSHF trainer will motivate you through the workout and, if required, modify exercises for your fitness level or current injury limitations. Alternatively you may have a pre-prescribed individual program that our MSHF trainer will guide and motivate you through.



### MONTHLY PROGRAMS FOR INDIVIDUAL USE:

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Every month we create strength conditioning programs for MSHF members to use at the gym or outdoors in their own time. Programs vary from core strength, stability strength, muscular strength, body weight strength, flexibility conditioning or event specific.



## 2019 Summer Group Personal Training Timetable



**Train Rec**  
 (Re-creation 24/7 Hampton)  
 Level 1, 350 Hampton Street  
 Entry on Crisp Street

**HLSC**  
 (Hampton Life Saving Club)  
 Beach Rd. Hampton on  
 Hampton beach foreshore

**MSHF Office**  
 (Happy Spaces)  
 Level 1, 2 Small Street Hampton

**TRY 2 WEEKS FREE**

**Contact:**  
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Group PT Sessions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6AM</b>	HLSC Outdoor Beach Boxing	Train Rec Studio Group PT	HLSC Bodywork & Stretch	HLSC Outdoor Group PT	Train Rec Outdoor Run Group	
<b>7.30AM</b>						HLSC Outdoor Group PT
<b>9AM</b>	Train Rec Studio Group PT	HLSC Outdoor Group PT (45 mins) Bodywork & Stretch (30 mins)		HLSC Outdoor Group PT (45 mins) Bodywork & Stretch (30 mins)	Train Rec Outdoor Run Group	
Open Gym PT Sessions	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00AM-10:30AM</b>	Train Rec Open Gym PT		Train Rec Open Gym PT		Train Rec Open Gym PT	
<b>5:30PM-7:00PM</b>	Train Rec Open Gym PT (7-7:30pm: member program/intro session)		Train Rec Open Gym PT (7-7:30pm: member program/intro session)			