

OPEN WEEKEND

at The Hampton – health and leisure club

Saturday 12th and Sunday 13th January
9am-5pm

Discover how The Hampton can help you achieve your goals for 2008, whether that's fat loss, toning up, nutritional advice, injury recovery or muscle gain...do it at The Hampton - your local, friendly club.

What's on?

- Sample classes
- Personal advice on health, nutrition and exercise
- Demonstrations of 'Kettlebell' training – a revolutionary new way to lose fat fast
- Free injury clinic
- Sample beauty and holistic treatments
- Tours of our facilities

What do people love about The Hampton?

"I don't feel self conscious here and the staff are knowledgeable and friendly"

"It's so personal here and I like the fact I know lots of people"

"At The Hampton we have quality over quantity – I really feel I am part of something here"

"Since joining the Hampton 2 years ago I've managed to lose 2 stone in weight. The personal trainers at The Hampton are very motivating and are always introducing new exercises to ensure I keep achieving results" Kathy Jones - aged 40

"Under the guidance of the trainers, I've made remarkable progress, working on rehabilitating my knee and strengthening my leg muscles after my operation"
Ken Malin - aged 79

Make a date in your diary to pop in over the weekend to meet the team and discuss how we can help you achieve your goals.

Address

Map

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Timetable of events:

Saturday 12th January

- 9.00 – 12.00: Our physiotherapist is here to offer free advice on any injuries or concerns you may have
10.00 – 2.00: Our beauty therapist calms your Christmas nerves with free 15 minute sample treatments
9.00 – 12.00: Our complementary therapist will be soothing your spirit with free 15 minute holistic treatments
Throughout the day: Kettlebell training – the revolutionary new way to lose fat...fast!
Throughout the day: Introductory tours of The Hampton and its facilities

Sunday 13th January

- 9.00 – 12.00: Our complementary therapist will be soothing your spirit with free 15 minute holistic treatments
10.00 – 2.00: Our beauty therapist calms your Christmas nerves with free 15 minute sample treatments
1.00 – 5.00: Our physiotherapist is here to offer free advice on any injuries or concerns you may have
Throughout the day: Kettlebell training – the revolutionary new way to lose fat...fast!
Throughout the day: Introductory tours of The Hampton and its facilities

Please note that bookings are not being taken for treatments so you may experience a short wait.

Our personal trainers will be on hand during the whole weekend to answer questions and to introduce you to the equipment, giving you a taste of one-to-one sessions here at The Hampton.

About Kettlebell training

Kettlebell training is a radical way to get in great shape...fast. Using a series of dynamic movements, the result is a quick, full body workout with great cardiovascular and strength gains. You'll feel fitter, stronger, healthier and, because the exercise is weighted, it's great to increase bone density and prevent osteoporosis.

- Suitable for both men and women
- Massive calorie burn
- Used by many celebrities
- Get results in half the time
- Weight/loss toning
- Fitness gains

The Daily Mail said:

"Enter the kettlebell, the latest Hollywood trend and an express route to turbo-charge fitness and some serious fat-burning... They now come in woman-friendly sizes (about 8kg) and everyone from **J-Lo to Penelope Cruz, Kim Cattrell and Kim Basinger** has been swinging, snatching and pressing with them"

Come to the open weekend at The Hampton and find out more about this revolutionary way to tone muscle and burn fat.