

# JAMES MATTHEW BAKER

PROFESSIONAL FITNESS TRAINING

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## GROUP TRAINING

Self-motivation can be a huge factor for one not to exercise on their own, so why not train with some friends or work colleagues etc.?

I will introduce 'supersets' to your training will keep your body constantly working to burn fat and tone muscle. You will be able to motivate one another through the exercise routines given to you, as well as being able to compete with one another in a non-intimidating environment.

Group training is great for interacting with others. Learn how to exercise properly, safely and effectively and enjoy great camaraderie in a social atmosphere.

£10 per adult (minimum of 4 adults per session).  
£7 for 12-16 year olds (minimum of 5 children per session).  
£5 for 7-11 year olds (minimum of 8 children per session).

**IT'S NEVER TOO LATE TO BEGIN!**