

whatever your goals, reach new heights

new heights fitness



Personal Training

with Rich Hudson

- ◆ Sport and Climbing Specific Training
- ◆ Core and Torso Training
- ◆ Nutrition for Sport and Weight Management
- ◆ From those new to exercise to the seasoned gym goer
- ◆ Personalised training plans and a tailored approach
- ◆ One-to-one sessions with a REPs accredited trainer
- ◆ Free assessment and discounted bulk buys available

When you are finding it hard and need that boost to take it to the next level, Rich is the man to lift you there.

- Gaz Parry, British Boulder and Lead Champion

Whether you're looking to improve your general fitness or for sport specific training, contact Rich to discuss your goals

 **REPs**
The Register of Exercise Professionals
PART OF SKILLSACTIVE
No. R0070028