

FITNESS ASSESSMENT AND PROGRAMMES

Membership at MSSC opens up a whole world of help and advice for you. Your membership entitles you to use our Fitness Induction & Instruction Programme.

All you have to do is contact Reception to arrange two appointments with our highly trained, skilled, experienced and friendly Instructors.

Appointment 1: Will involve a short fitness test on an exercise bike, a wellbeing check to measure body fat and blood pressure and a discussion with the Instructor to ascertain your personal history such as eating/drinking habits, your personal aims and objectives and discuss any other health or fitness related matters.

Appointment 2: Armed with all the detail from Appointment 1 the Instructor will design you a bespoke workout plan and Appointment 2 will take you through this plan step by step ensuring your safety and well being at each step in gaining your knowledge, skills and confidence within the Fitness Suite.

DON'T DELAY—MAKE THOSE APPOINTMENTS TODAY

