



PERFORMANCE

BE STRONGER.

AN OLYMPIC EXPERIENCE.

TRAIN WITH A DOUBLE GOLD MEDAL WINNING OLYMPIAN

A performance coach with expertise in achieving success, empowering you to be physically and mentally stronger - The best version of you.

Drawing on my own considerable experiences - two decades of elite, discipline training and nutrition - I offer my clients the tools and motivation required to take control of their lives and achieve the results they desire.

As a mother of two boys I know how the day-to-day challenges can be tough, I know it's not easy, balancing a career with parenthood (I say it's tougher than winning gold!) By making an hour for yourself, and making it count in the gym will mean that every day can feel like a success, making you stronger, fitter and feel great.

What do you want to be? What do you want to achieve? Whatever it is we can achieve it together - it's just a case of understanding your goal, breaking it down and working on the process, oh, and having fun everyday. Simple really!

If you have a vision to be better then I'd love to hear about it and maybe we can work together and achieve something extraordinary.

Sarah Ayton OBE



TRAIN WITH SARAH

75min GUEST EXPERIENCE

Train with Sarah Ayton OBE, double Olympic gold medalist and performance coach. A Personal Training session with a difference - The opportunity to chat with Sarah about her Olympic experience whilst having a work-out with her in the gym. No matter what your level Sarah will bring something new and dynamic to your training.

WHAT TO EXPECT:

- 75min session
- Warm-up
- Activation Circuit
- Main Session
- Stretch out

T&Cs

- Contact Sarah via website, email, telephone
- 24hrs notice (Pre-paid by client)
- All clients must complete PAR-Q and Questionnaire 24 hrs prior to work-out via www.sarahaytonobe.com
- Payment direct through Goodwood Health Club
- £100



PERSONAL TRAINING

6 x 1:1 Personal Training Over Minimum 6 Weeks

You've got to make it count, no going through the motions here, that's why our time together will be spent mainly lifting weights- before you say "I don't want to get big!" - don't worry, your won't. What you will become is stronger, firmer to touch and mentally tougher - helping to create the best version of yourself.

Whatever your level, new to the gym or you have reached a plateau in your training, I can help you to make your work-outs more effective, uplifting and fun.

WHAT TO EXPECT:

- A tailored program to achieve your 'mission' BB
- You'll learn the correct form and how to lift properly
- You'll be pushed to your ability
- We review results so you are always progressing
- You'll be stronger!

T&Cs

- 6 Weeks paid upfront (£75 x 6 = £450) Bolt-on sessions available @ £75
- Payment through Goodwood
- PAR-Q and Questionnaire must be completed 24hr before consultation via Sarah's website.





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FRIENDLY - EFFECTIVE - UPLIFTING

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Clive Mason