

**FREQUENTLY ASKED QUESTIONS**

**WHAT SERVICES DO YOU OFFER?**

**PERSONAL TRAINING (1-2-1 & 2-2-1)**

**SMALL GROUP PERSONAL TRAINING (SGPT)**

**GROUP EXERCISE CLASSES**

**HOME WORKOUTS**

**ON DEMAND SERVICE**

**WHAT IS SGPT?**

**SMALL GROUP PERSONAL TRAINING (SGPT) IS  
BRIDGE BETWEEN PT AND GROUP EXERCISE.**

**WORK TOWARDS YOUR GOALS AS PART OF**

**A SUPPORTIVE TEAM OF UP TO 4 PEOPLE**

**PER SESSION**

**HOW DO I BOOK SESSIONS?**

**YOU BOOK YOUR SGPT & GROUP EXERCISE**

**SESSIONS ON MYZONE. PT SESSIONS ARE**

**BOOKED IN ADVANCE FOR YOUR**

**DESIGNATED TIME SLOT.**

**HOW DO I PAY FOR SESSIONS/CREDITS?**

**CASH, CHEQUE OR BANK TRANSFER**

**WHAT DO I NEED TO BRING?**

**A FULL WATER BOTTLE, TOWEL AND ENSURE**

**YOU HAVE CLEAN TRAINERS**

**WHERE CAN I PARK?**

**THERE IS A LARGE CAR PARK AT THE REAR**

**OF EVGC GYMNASIUM**