

# Chester Wellness Centre

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## One To One Training and Fitness for Small Groups

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[www.chesterwellnesscentre.co.uk](http://www.chesterwellnesscentre.co.uk)

### JULIAN BILLS

At Chester Wellness Centre we provide one to one development and fitness programmes with your own personal trainer. This unique one to one approach ensures that you will receive the full benefit of a health and fitness programme which is designed for you and you alone.

Chester Wellness Centre has a fully equipped gym and specialises in one to one training for clients. By giving you our undivided attention and exclusive use of the gym we can focus on your personal training objectives or treatment of specific problems, including rehabilitation from illness or injury. We have the ability and expertise to treat those moving from a sedentary lifestyle to the more serious sports enthusiast or professional.

Select group activity can also be accommodated within the gym. Activities such as Circuit Training which require a high degree of technique and supervision are perfectly accommodated in this environment.

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