



## **trainSMART**

**GROUP EXERCISE TRAINING DAYS** across the year.  
Monthly sessions to keep you challenged, focused & motivated.

***Commit, train, succeed.***

[www.headstartsports.co.uk](http://www.headstartsports.co.uk)  
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## Training options

*Commit, train, succeed.*

		12 training days	online support	4 physical assessments	Mental Profile	Nutrition plan
1	<b>trainingDAY</b>	✓	✓	✗	✗	✗
2	<b>trainSMART</b>	✓	✓	✓	✓	✗
3	<b>trainSMART eatCLEAN</b>	✓	✓	✓	✓	✓

- The **trainingDAYS** are a 12 session commitment, spread throughout the year, designed to help you achieve your training targets. Our 90 minute, small group sessions are suitable for all fitness levels. Through a motivating group environment, we will show you how to train effectively, whilst our home practice challenges will keep you mentally focused between sessions.
- The **trainSMART** package keeps a greater track of your progress, adding 4 individual physical assessments over the year, and a Mental Profile to help you understand your behaviour patterns.
- The **trainSMARTeatCLEAN** add-on also includes a personalised 3-month Nutrition plan. This plan is tailored to you and designed to educate, inspire, and complement your physical training.

## Training Venue

Epsom College Fitness Suite & grounds, off Longdown Lane South, Epsom, Surrey, KT17 4JQ. Please follow signs to the the Sports Hall for parking and meet at the entrance to the Fitness Suite. Allow time to find us if this is your first visit to the venue. Bring suitable clothing and a drink. There are changing rooms and showers available.

### Save 25% as a couple

A partner, or friend, in the same process can offer invaluable support & encouragement.

### Save 17% paying annually

A great saving by paying up front, committing to the process, and seeing results.

**To book please complete a Booking Form and make your payment.**

**Online Payments: [www.headstartsports.co.uk/page5.htm](http://www.headstartsports.co.uk/page5.htm)**

## trainSMART Booking Form

*Commit, train, succeed.*

Please complete the form and return to us:

<b>Name (s)</b>	
<b>Email address (es)</b>	
<b>Phone number (s)</b>	
<b>Medical details</b>	
<b>Signed</b>	<b>Date: ..... / ..... / .....</b>

*Please circle your first 6 training dates from the following 12:*

	<b>January</b>	<b>February</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>June</b>
<b>Thursday 7.30-9pm</b>	21	18	17	14	12	9
<b>Saturday 9-10.30am</b>	30	27	26	23	26	18

\* Spaces are allocated on a first come basis, with our July - December dates TBC.

*Please circle your chosen training package:*

	pay monthly per person	pay monthly per couple	pay annually per person	pay annually per couple
training days	£20	£15 each	£200	£150 each
trainSMART	£40	£30 each	£400	£300 each
trainSMART eatCLEAN	£40 +one-off £95	£30 each +one-off £150	£400 +one-off £95	£300 each +one-off £150

Please make payments online [www.headstartsports.co.uk/page5.htm](http://www.headstartsports.co.uk/page5.htm)