

**NEWQUAY'S PREMIERE
PERSONAL TRAINING
EXPERIENCE!**

MOORE
MOVEMENT



SMALL GROUP PT

"The perfect combination between training in a motivating group environment, but with the attention to detail of 1:1 coaching."

"I'm fitter than I've ever been, actively look after myself in and out of the gym more and I've made some friends in the process."

"I feel really comfortable around the other people who attend - it feels very supportive and encouraging."

"There's a sense of team work and hyping each other up when we're working out which is really encouraging and it makes your workout fun"



30 Day Experience

30 days to trial and witness the results our SGPT program can get you. You won't regret it!!

£79
4 weeks of
personal training



BOOK YOUR TRIAL TODAY