

## 5 Reasons to Hire Us

The Personal Training Team at StudioTwenty3 love to help people achieve their Health and Fitness goals.

Our 5 reasons are based upon some recent reviews.

### 1. If you are a busy working man, who has injuries and is a reluctant exerciser, we can help you.

Campbell

Rating

Review posted on



Feb 19, 2017

I have been a reluctant athlete most of my adult life and never made the time to exercise against the demands of work and family life. I also suffer from bad joints and chronic apathy for all things fitness related. I have however come to quietly enjoy my sessions with Stu and the team at Studio Twenty3. I drag myself there when their diary alert tells me to head to Chandlers Ford but after a solid 60 minute workout I am always pleased that I made the effort and pleased with the improvement I have seen in my strength and flexibility in each session and since I began the programme. There's always great humour bouncing off the walls much of it directed at my truculent participation. As a reluctant athlete you wouldn't get a recommendation from me if Studio Twenty3 weren't delivering and making a difference to my wellbeing.

### 2. If you are a working mum who already exercises, (but you are not seeing results) we can help you.

SJDR

Rating

Review posted on




Feb 18, 2017


This is a great training studio (well equipped and clean) with a personal atmosphere where clients and trainers have good banter and people of all shapes, sizes, ages and abilities are supported to achieve their goals. I have trained here for nearly two years and in this time have worked out next to people in their golden years, youngsters still in education and everyone in between - with all levels of fitness. I had a reasonable level of fitness when I joined (I was a runner) but I have learned SO MUCH more about how to condition my body and develop my strength since working with the team. Now I can lift heavy weights (and am not intimidated by them), can do chin ups, handstands, and swing from the monkey bars :-). My Osteopath has even noted more than once how much better my lower back, knee and neck are these days and I put it down to the training. All injuries have gone away and I didn't stop training when I had them, Gareth just worked out what I needed to do and adapted my plan. Learning more about nutrition and the impact of what I eat on those pesky few pounds and last few cms I wanted to lose has also been a bonus. The trainers are great role models, they know what they're talking about and advice is gently offered (for us to take or, leave). I took it and have seen the cms melt off. Happy Days! :-)

I have had personal trainers before and have never made as much progress or been as well coached as I am now.


### 3. If you are overweight, too self-conscious for the gym and let's be honest, your general health is at risk, we can help.

Paul 	Rating	Review posted on
	★★★★★	Feb 23, 2017
<p>If it works for me it will work for anyone! I am a big middle aged guy who really doesn't look like the 'gym type' which is why I was asked today "Why do you train?" My answer was that whilst enjoy the finer things in life I need to balance that with looking after my health. 18 months ago I was on medication for high blood pressure and high cholesterol. I am now now, thanks to the team at Studio Twenty3 medication free. I am also stronger and more flexible and proud of my achievements and the progress I make every week. This is not your average gym (which is just as well as I am not your average gym go-er) I have trained along side all shapes and sizes and even though I am overweight (less so than when I started), I have never been made to feel uncomfortable or unwelcome. There is a great camaraderie between trainers and customers and you get a genuine feeling of warmth and a desire to help you achieve your goals from the team. If you think the gym is not for you but you want to be healthier, stronger and more flexible with encouragement from people who care and don't patronise you but celebrate your progress with genuine pride then look no further. There are no crowds of Lycra clad gym bunnies looking down at you or sniggering if you don't look the part , you really only ever train along side 1 or 2 people and you soon start to think of them as friends. So why do I train? Because thanks to Studio Twenty3 I actually enjoy it!</p>		

### 4. If you need to lose weight for a wedding or holiday and maintain, we can help you.

Siobhan 	Rating	Review posted on
	★★★★★	Feb 16, 2017
<p>I love training at Studio Twenty3 I initially started training to lose some weight for my daughters wedding, which I achieved with the help of my one-to-one personal trainer. 25 months on &amp; still going strong! I now do 2 SGT sessions a week sometimes 3. As the saying goes ..Rome wasn't built in a day! My hard work is paying off I am 100% stronger now than when I started, I have muscle definition in places I didn't even know there was muscle. and most of all I enjoy it! You don't have to be sporty to get fit! You just need a few good trainers to show you how. The trainers at Studio Twenty3 are amazing, they will help and guide you through all aspects of your training , Nothing is too much trouble. No plans on giving this up any time soon.</p>		

**5. If you go to the gym already but are not seeing the results you want, we can help you.**

Blake 	Rating	Review posted on
	★★★★★	Feb 17, 2017
<p>I can't recommend Studio Twenty 3 highly enough. The studio itself has all the equipment you could ever need and the trainers are highly motivational, friendly and knowledgeable. I used to go to the gym on my own but never saw the results that I've seen while vising Studio Twenty 3...they push me harder than I ever pushed myself and I feel fitter and stronger than ever before. Whether you want to get stronger, more toned, fitter, beach-ready or ski-ready, Studio Twenty 3 will help you achieve your goals.</p>		

All of these review and more can be found on our [google my business page](#)

If you want to achieve your health and fitness goals why not apply for a [FREE Transformation Sessions](#) with one of our Personal Trainers.