

# SPOTLIGHT ON:



## Andrew Whyte Personal Trainer

My name is Andrew Whyte and I have been a Personal Trainer / Sports Therapist for the past 11 years. Prior to that I spent ten years in the Royal Marines where health and fitness became a way of life. After leaving the forces I studied as a Personal Trainer / Therapist with Premier Training where I gained my Diploma In Fitness Training and Sports Therapy.

Since then I have worked all around the world as a personal trainer working with people of all levels of fitness, from GP referrals, professional sports people, celebrities and those that are just looking for general fitness, weight loss, etc.

As well as personal training I run many different classes in and around Milton Keynes ranging from Boxercise classes to Bootcamps. I have also just launched a Family Fit class to encourage children to exercise with their parents, as obesity is still an ever growing problem due to an increasing sedentary lifestyle.

If you don't enjoy the gym, or you lack motivation but you want to improve your health and fitness, then why not consider a personal trainer? It's not just for celebrities and sports stars; my service is realistically priced and gives you genuine results.

Working with a personal trainer will help motivate you to stick to an exercise programme and hold yourself accountable. Personal trainers will help you set realistic goals and help you meet them by designing a personalised workout programme. Whatever your fitness goals I will ensure that you leave every session educated and motivated for your next workout!

### Personal Trainers can offer exercise programmes for:

- Achieving safe and effective weight loss
  - Increasing muscle mass (size)
- Improving cardiovascular & muscular endurance
  - Increasing flexibility and strength
  - Improving speed and agility
- Training for an event/challenge (marathon, triathlon, Kilimanjaro etc.)
  - Improving overall health and lifestyle
    - Brides to be
    - Family training

### Additionally, personal trainers can help you with:

- Ensuring proper form, safe warm-ups and cool-downs
  - Core Training
  - Functional Exercises
  - GP Referrals
- Exercise ideas for home or travel
- Changing exercises to prevent boredom, injuries and plateaus

I offer training at Kents Hill Fitness Club where you would have full use of the facilities; sauna, steam, pool, etc, or you can train in the comfort of your own home or outside.

These are the classes currently available:

### BOXERCISE

**Monkston Park Community Centre**  
**Tuesday 10:00 -11:00**  
**Wednesday 19:15 - 20:15**

Boxercise is a high-intensity exercise class that combines resistance training with aerobic exercise. Boxercise is non-contact; the emphasis is on knocking your body into shape, not knocking anyone out.

Boxercise classes involve "sparring" either with a partner using pads or a punch bag. The classes are great for all-over fitness, but particularly good for the arms, abs and upper body. You'll be fighting fit in no time.



### CIRCUIT CLASSES

**Monkston Park Community Centre**  
**Thursday 10:00 – 11:00**

An excellent way to simultaneously improve mobility and build strength and stamina. My classes are traditional style circuits utilising a selection of strength and cardio exercises for a complete body workout under qualified instruction.

Circuits are great for increasing overall fitness and weight loss. These classes are ideal for all levels of fitness from beginner to advanced and you work to your own level and speed.

### FAMILY FIT

**Monkston Park Community Centre**  
**Saturday 11:30 – 12.30**

Family fit is fantastic for getting youngsters to start training. The class consists of a mini circuit where children work with parents or guardian doing the exercises together, getting an all over

body work out whilst having fun and laughter. Age group is 7 -12 years old but must be accompanied by an adult. Cost is £7.50 for an adult and child plus £2 per extra child (maximum 3 children per adult).

### BOOTCAMP

**Campbell Park**  
**Tuesdays 06.30 – 07.30**  
**Tuesdays 18.30 – 19.30**  
**Fridays 17.30 – 18.30**

Our fitness boot camp programme is more than just a great workout. It is a healthy solution for busy professionals, new mums, former or current athletes or anyone who wants to make a change in their lives for the better. It is also a fantastic maintenance plan for anyone who has attended a boot camp with another company or anyone looking to continue to increase their fitness levels.

Specially designed for ALL fitness levels, our intense interval based boot camp workouts focus on pushing you outside your comfort zone, past where you can push yourself. Most of the boot camp workouts are performed without weights, using only your body weight for resistance. Whether you are looking for a weight loss exercise programme or just to kick-start your fitness routine, our fitness boot camp programme can help you reach your goals.

All classes (except Family Fit) are £5 unless otherwise stated, of which 50pence gets donated to a Forces charity and cancer charity.

### Special Offers

**Book a course of 10 personal training sessions for only £200 saving a massive £100 when mentioning Roundabout Here.**

Also available are private training sessions for small groups and intense courses for quick results.

For more info or to book classes please call 07590 893172 or e mail [andywhyte@talktalk.net](mailto:andywhyte@talktalk.net)

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