



Absolute Performance Kit Coaching

At Absolute Performance we pride ourselves on designing and installing first class training facilities, with equipment trusted for performance and durability. But it doesn't end there. We aim to develop long-lasting partnerships with our clients, pooling ideas and expertise to ensure that you get the most out of your equipment.

That's why we developed the AP Kit Coaching package

What is AP Kit Coaching?

AP Kit Coaching is a comprehensive training package to help you, your fitness instructors and your members get the most out of your equipment.

Following the installation of your equipment, our specialist product trainers will provide you and your team with a product induction session, to ensure that the equipment is used correctly by both staff and end users.

Who are the AP Kit Coaches?

We've teamed up with T2 Fitness who provide the AP Kit Coaching sessions. Stu Gatherum and his team of T2 Fitness experts deliver high quality education for the fitness industry, providing dynamic training that is applied directly to your facility.

Targeted Training

The AP Kit Coaching sessions are designed around your needs, based on who uses your gym and for what purposes. The training experts will help bring your gym to life, demonstrating how your different pieces of equipment can be used effectively, on their own and as part of an integrated solution to your training requirements.

Your team will learn how to develop an action plan for different user groups, taking into account different types of training and adapting that to varying levels of knowledge and experience.

The session will also cover the basics of how to look after the equipment with advice on preventative maintenance procedures.

Why AP Kit Coaching?

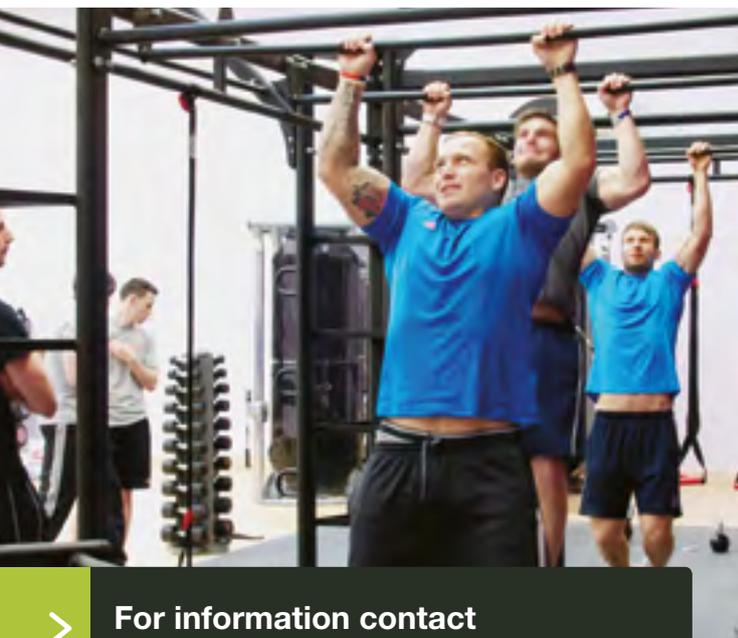
A key benefit of the AP Kit Coaching sessions are that they are simple to implement. We won't baffle you with science or spend too much time discussing theory. Our main aim is to provide participants with the opportunity to understand and experience the training through practical application, so that they leave the session armed with the skills to apply what they've learnt to the groups they train.

Prices

- > A 4 hour AP Kit Coaching session for up to 5 people is **£550 +VAT**
- > Follow up or additional 4 hour sessions can be added for **£495 +VAT**

How to book

1. To book your AP Kit Coaching email us at salesupport@aperformance.co.uk or call us on **029 2036 2664**
2. Our Sales Support Team will discuss your requirements with you and agree the date and time of your training
3. Your dedicated AP Kit Coach from T2 Fitness will then be in touch with you to agree the content of your training
4. Spaces are limited to 5 people per session. If you'd like more than 5 people to attend, an additional session will need to be booked
5. If you need to change the date of your booking, please give us a minimum of 48 hours notice, otherwise you may be charged a cancellation fee



> For information contact our Sales Support Team

Call us on
029 2036 2664

Email
salesupport@aperformance.co.uk

Visit our website
aperformance.co.uk

The AP Equipment Health Check

With your equipment going through sustained and often intensive use, the smooth running of your gym depends on a good maintenance routine, correct use and scheduled servicing of your gym equipment. To get the best out of your Absolute Performance kit, we now offer a range of preventative maintenance service packages, known as the AP Equipment Health Check. For a fixed fee, we'll visit your gym and carry out a full check of all your equipment. We'll look for any potential faults and prevent problems from occurring by dealing with issues quickly and efficiently.

Prices

- > Packages start from **£425 +VAT**