

# RAMIS

## Health&Fitness

### Services

#### One-to-One & Group Training (2-4 people)

Enjoy the privacy and focus of a one-to-one training session, or share the experience with a friend who has similar training goals.

#### Training for Fat Loss

Achieve optimal fat loss by combining weight-training, interval-style cardiovascular training, healthy nutrition and a balanced lifestyle.

#### Training for Strength & Muscle Gain

Gain strength and muscle mass by using safe and sensible exercises, and routines designed to help you train smarter and more efficiently.

#### Strength & Conditioning for Sports

Sport-specific programmes are designed to help clients perform better, stay injury-free, improve their game and progress in their chosen sport regardless of whether they are amateur, semi-professional or professional.

#### Posture & Biomechanical Assessment with Corrective Exercise

Everyone benefits from better posture. Good posture produces better physical performance, balance, agility, more energy, less injury and swifter recovery from exercise and physical exertion.

#### Nutrition & Lifestyle Coaching

For people wishing to lose bodyfat, eliminate abdominal bloating, food allergies and cravings, sleep better, increase energy, reduce stress and enjoy a higher state of health, well-being and happiness.

#### Neuro-Muscular Therapy (NMT)

NMT uses specific, deep tissue massage techniques to release trigger-points that develop in muscles. It helps to restore posture, balance the musculoskeletal and nervous systems and enhance the function of joints, muscles and movement.

#### Emotional Freedom Technique (EFT)

Using a simple tapping sequence on the body's acupuncture points EFT helps identify and release the root cause of self-limiting beliefs, behaviours, attitudes and emotions. It can help resolve fears, phobias, stress, weight problems, self-image and confidence issues, physical and emotional pain.

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www.ramis-hf.com

Park House, 803 London Road,  
Westcliff-on-Sea, SS0 9SY

Ramis Health & Fitness is a private and professional training studio established in 2005 by Cristian Ramis; a health, fitness and lifestyle coach with many years experience in the fitness industry.

Cris set up his studio to promote positive health, fitness and lifestyle choices, and to provide quality training and expert advice to clients in either a one-to-one or small group setting.

His facility contains all the equipment needed for a safe, effective and challenging workout including cables, free-weights, machines and cardiovascular equipment.

Cris utilises a holistic approach to health and training, and addresses exercise, nutrition, posture, flexibility, recovery and stress management.

He believes

**“Exercise is an investment in your health and life, as well as a means of looking and feeling better.”**

Cris can help you:

- > Be healthier and fitter
- > Lose body fat
- > Be stronger and more muscular
- > Perform better at your chosen sport
- > Have more energy
- > Handle stress more easily
- > Get results from your training

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### Training Sessions

Clients may buy sessions in bulk to be used once, twice or three times per week based on the prices shown on the right. To encourage training consistency and commitment, all bulk purchases have an expiry date based on a client's proposed training frequency.

For example, if a client buys 12 sessions for £360 to be used three times per week, these sessions would expire in four weeks, unless there was a valid reason for training to have ceased (i.e. injury, illness etc).

### Package Deals

With package deals the client decides how often they wish to train and use their sessions. Once again, based on this decision, an expiry date is agreed for the package.

Bespoke packages are available upon request.

### Group Training

Training sessions for groups of 2-4 people are available. The price for these is the same as one-to-one training sessions, allowing participants to share the training fees. Note: Group training sessions work best when all the participants are of a similar level of experience, ability and fitness.

#### Training Session Prices:

One training session per week:  
£40 per hour  
Two training sessions per week:  
£35 per hour  
Three training sessions per week:  
£30 per hour

#### Package Deals:

£400 for 11 sessions  
£600 for 17 sessions  
£800 for 23 sessions  
£1000 for 29 sessions

#### Prices for Other Services:

Nutrition & Lifestyle Coaching:  
£40 per hour  
Posture Assessment (2 hours)  
& Corrective Exercise  
Programme: £100  
Neuro-Muscular Therapy (NMT):  
£40 per hour  
Emotional Freedom Technique  
(EFT): £40 per hour