

ALTITUDE TRAINING & WEIGHT LOSS

Altitude training is now accessible to everyone, not just World Champions and the more unfit you are the better the results will be...



- Weight Loss
- Superior Fitness Level
- Pre / Post recovery from injury
- Regain full fitness after illness
- Improve your metabolism "Lose Weight & Keep it off"
- Improve your fitness & set new goals
- Strengthen immune system
- Decreased overall stress & fatigue

SELF DEFENCE



- All ages
- All Fitness Levels
- Any Scenario
- Individual & Group Sessions available

All self defence techniques are based on your individual concerns and environment. Experience in various martial arts & close quarters combat including Muay Thai, Jiu Jitsu, Aikido, Dirty Boxing, Street Self Defence & Kick Boxing.

WE REALLY Care...

Established for over 10 years, young, old, fit, unfit, first time or experienced. If you need any help come and talk to us today!

- New Strength & Conditioning Studio including Olympic Weight Lifting area
- Altitude Training "Exclusive to NMA"
- Fitness Classes for ALL the family
- Martial Arts Studio with Boxing Ring, Cage Wall "New" plus 20 different boxing stations
- Fully qualified Personal Trainers who really CARE...
- Recently "REFURBISHED" changing rooms including showers

WE ARE HERE.



Nearest Car Park @ Asda (Lombard Street) NG24 1XE
Next to Access Models and behind the Fish & Chip Shop you will find our Specialist Fitness Centre and a smile down the Alley...

NMA Fitness Centre
49 Castlegate, Newark. NG24 1BE

Go to www.deansugdenpt.co.uk or call dean on 01636 605708 or 07968 005797 to book your FREE consultation

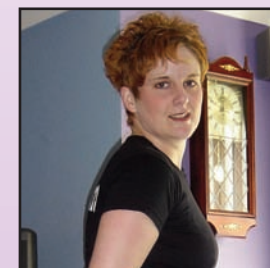
Follow us on Facebook @ Dean Sugden PT



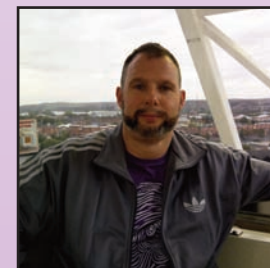
NMA Fitness Centre



@ NMA
Your No.1



"I'd tried every diet in the book, but training with Dean helped me find a whole new me." Angela (Newark)



"Lost over 3 stone and gained a friend." Alex (Derby)

PERSONAL TRAINING WITH A DIFFERENCE...

- 3 times as many calories burned using our 'Altitude machine'
- Train at home or at our specialist fitness centre



- Motivation
- Experienced Trainer of Trainers
- Total Body workout or / and focus areas
- Varied Programme that is FUN & suits you



- Weight Management
- Practical advice on diet & nutrition
- Personal training programme including goals & objectives
- An exit programme back into the gym / normal classes

BOOK IN ADVANCE TODAY AND GET ON YOUR WAY...

Speak to Dean direct on
01636 605708 or 07968 005797

or if prefer email him direct at deansugdenpt@gmail.com

BOOT CAMP + Fitness & Martial Arts Classes



- All ages
- Sports Teams (Rugby, Football, Hockey, Netball etc)
- Schools
- Communities
- Companies
- Squad Training
- Small Groups
- Self Defence



Bring your team or group to one of our classes or enquire about one of our specialised group sessions at our centre or at your own venue.

Recommended and used by the Newark Family of Schools

Strength & Conditioning



- All ages "Junior & Senior" programmes for men and women
- Improve your Upper Body Strength
- Core Strength Training and specific areas of focus
- Injury prevention methods used
- Safest form of Resistance Training
- Proven to burn more fat
- Proven to build more muscle
- Speedier recovery from injury
- Its fun
- Member of NSCA (National Strength Conditioning Association)
- Successfully managed and developed the long term athletic development of 3 x World Champions.

