

## FAQ

### ***Do I need to attend all of the session each week to see the results that you promise?***

2-3 sessions per week will get you the type of results that we are aiming for!

### ***Can I join any time?***

Yes :-)

### ***Your programme seems too good to be true, is it?***

I will assess you as an individual including your lifestyle, your habits and your mindset and we work together to create an action plan that fits into your life so that it does not feel overwhelming when you make the changes.

If you are not ready to change, then my courses will not work for you and I encourage you to wait until you feel ready before you invest your time and money. If you are able to follow the bespoke plan that we create together then you will get the results that you want, whether that is weight loss, maintenance or toning.

My approach is backed by knowledge of science and has been applied to many ladies just like you who wanted to feel healthier happier and confident every day and who were fed up of feeling over weight and frustrated. My courses offer the guarantee because I am 100% confident that should you follow the plan, you will get exactly what you want. That's my promise.

I suggest that you visit the [testimonial page](#) of my website if you are unsure about the sort of results that we get here, you can view videos of clients talking about their progress.

### ***I am going on holiday for a week in the middle of the course, do I get that week back?***

Unfortunately not, you pay a monthly fee which does not change when you go on holiday. All of the workouts will be available to you on the day via the facebook group, so you have the opportunity to complete these workouts in your own time if you cannot attend the session.

### ***What if I can't do some of the exercises in the programme?***

Don't worry, I will ensure that you are exercising in a safe and appropriate manner for your ability level. You will be around a group of ladies who are in the same boat and we all start at the beginning. Any movement that you find restrictive or difficult we will work on together until you master it and have the confidence to do it. These programmes are about learning new skills and improving your coordination and balance as much as they are about weight loss and health.

### ***I don't have a Facebook account, will I be missing out on anything?***

The Facebook community for this programme will be powerful, I will be coaching within the group on a daily basis, so I would strongly recommend that you consider joining Facebook even if just to use the group. However your results are absolutely not dependent on the online community - this is more of a bonus feature. Your results will come from a combination of you completing the training, improving your nutrition and lifestyle habits and working on your mindset.

### ***I am struggling for child care on certain evenings, what can I do?***

There is a small area in the gym where children can come and sit whilst you complete the session. I would ask that this is used for emergencies only as the area is a public seating area within the gym and not exclusively available to our classes.

***I am concerned about people watching me whilst I train and judging me, is the gym full of people?***

Our gym is very quiet and is a place where we encourage exercise and health, we do not tolerate any aggressive or inappropriate behaviour and we are very strict on this point. We have designed our environment to make you feel comfortable and confident during the classes. If you would like to come and visit the gym before you decide about joining the training programme then please get in touch with me to arrange a meeting, you can find us at 4 Mandervell Road, Oadby, Leicester, LE2 5LQ.

***How do I get in touch with you if I need your help Nicola?***

You can get hold of me by mobile 07983551550 generally between the hours of 9am-5pm, by email [nicola@rossellfitness.co.uk](mailto:nicola@rossellfitness.co.uk) but please do give 24 hours for a reply. Or you can find me in the gym if you want to speak in person.

***Where is your facility?***

You can find us at 4 Mandervell Road, Oadby, Leicester, LE2 5LQ

***Do you offer any other services?***

Yes I offer deep tissue massage and individual personal training sessions

***What are your professional qualifications?***

- 1<sup>st</sup> class degree in Chemistry and Sports Science
- Level 3 personal training
- Yoga Alliance Certified Yoga Teacher
- Level 3 sports massage
- Level 2 triathlon coaching
- First aid

***Will I get the results that I want with your training programmes?***

I take your goals very seriously, I will work with you to develop habits and a lifestyle that suits your needs and gets you to the result that you want. For this to work I need you to be honest about what you want, forthcoming about any issues or barriers that you have and most importantly be prepared to work hard to get it. If you are not ready to apply changes to your lifestyle, then my programmes may not be for you.

There is a 100% guarantee attached to the first month of this membership, if you do not get GREAT results after one month and you are unhappy with the level of service you can have a full refund, however after this time, the guarantee expires.