

Fitnecise Studio Pictures



Clients Include:

See www.PersonalTrainerDublin.ie for more testimonials.

- Ericsson
- Vodafone
- Pfizer
- Ulster Bank (First Active Bank)
- BCM Hanby Wallace
- University College Dublin (UCD)
- Equality Authority Dublin
- Fitness Dock Gym – Dublin 2
- Friarsland Fitness and Leisure Complex
- Peak Fitness Centre – Deansgrange – Dublin
- TCD (Trinity College Dublin) Rowing club
- Dublin Nutri Centre – South William Street – Dublin 2



"I can only highly recommend your regular quality Personal Training sessions. Thank you for continuously motivating me over the last few months!"

Carol Hawkins - Personal Assistant, Dublin

"My Pilates sessions with Martin contributed significantly to improving my fitness, increasing my energy levels and enhancing my muscle tone. In particular I found the regular Pilates sessions developed my core strength and posture. Martin's style is relaxed yet professional and his focus and support challenged and encouraged me to reach my goals. I have no hesitation in recommending him to anyone who is interested in enhancing their fitness and general wellbeing."

James Sweetman Associates, Executive Coaching & Business Consultant, Dublin

"No more spasms and agony, I advise anybody with back pain to attend your One-to-One Pilates sessions! I tell all my friends how my Pilates training with you helped me to get rid of the pain in my back."

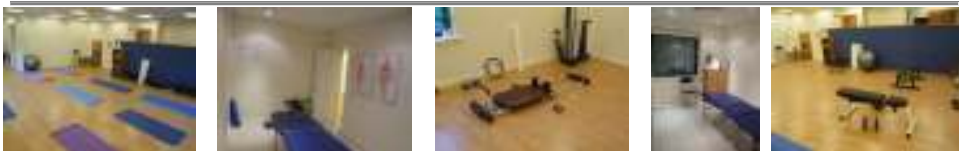
Eimear McBrien - Quinn Freight Forwarding Ltd, Dublin

"I have worked with Martin for a number of months and am delighted with the results. Working with him provides me with a number of significant benefits. Meeting on a weekly basis provides tremendous focus, not only when you are in working during the session, but also to ensure that you follow your personalised programme during the rest of the week. Martin has customised a programme for me, based on my goals and my preferences. Before working with him, I did go to the gym regularly, but didn't see the results, however I have made fantastic progress in the last couple of months. I know that I am making the best use of my time and effort."

Senior Manager - Financial Services, Dublin

"I have been working with Martin for almost a year now and can honestly say that I have benefited greatly from his NLP sessions. I came to a point in my life where I needed to make an important choice about what I wanted to do and with Martin's help I found that direction and self-belief. For this I'm truly thankful."

Eoin Barton, Assistant Professional, Dun Loaghaire Golf Club, Dublin



"Quality of Life depends on what happens in the space between stimulus and response." (Stephen R. Covey)

Ver2.4 – 05.05.2011



Personal Fitness Training

**Tone Up, Get Stronger – Leaner, Lose Weight
Endurance Strength Mobility Flexibility
Pilates - Core Strength – Back Care Programme**

Diet - Nutrition - NLP

Fitnecise Studio, Nutgrove Office Park Dublin 16/14,
at Home, in Work – your Office or Outdoors

- **Get Fit and Stay Fit**
- **Tone Up**
- **Get Stronger and Leaner**
- **Gain Size**
- **Increase Your Flexibility**
- **Boost Your Motivation**
- **Mobility**
- **Ease Back Conditions**
- **Get into Shape**
- **Lose Weight**

You want to ...

*Call or e-mail Us Today
to Get You Started!*

Do you want to get fit, tone up or lose a few pounds?

Our ambition is to assist and support you on your journey to achieve your goals in the area of fitness, sport and well being. You will benefit from our knowledge and experience that we have gathered since January 2002. We have teamed up with various Personal Training clients from the busy mother who works and looks after two children, to managers from companies like Ulster Bank and Ericsson.

**Feel the difference, see results, hear yourself saying
"Yes, I achieved my goals!"**

*"Together we aim to enable
you to get you where you want to be."*

FITNECISE® Coaching - Martin Luschin

**Personal Trainer – NLP Practitioner - Pilates Instructor
One-to-One – Two-to-One- Groups – Clubs - Corporate**

www.PersonalTrainerDublin.ie - www.PilatesDublin.ie

www.facebook.com/PersonalTrainingDublin

www.FitnessClassesDublin.ie

Equipment used with our clients during Personal Training Sessions and Group Fitness Classes?

Medicine Balls, Rowing Machine – Concept 2, Kettlebells, Dumbbells, Gymsticks, Dynabands, Gym Balls, Small Balls, Reebok Step, Reebok Deck, Power Blocks, Pialtes Rings, Pilates Balls, Bosu Ball, Foam Rollers, Weights Bench, Push Up Bars, Pull Up / Chin Up Bar, Bar Bell etc.



What services do we offer?

1. Personal Training PT
 - One-to-One PT
 - Buddy PT with a friend or family member
 - Small Groups 3-4 people max.
2. Pilates
 - One-to-One – Two-to-One
 - With a friend or family member
 - Small Groups 3-4 people max.
 - Tone-Up or
 - Tackle Back Issues
3. NLP Neuro Linguistic Programming for
 - Motivation
 - Goal Setting
 - Achieving
 - Stress Reduction
4. Sound Nutritional Advice
 - Learn how to read food labels
 - Get to know the essentials of a healthy and balanced diet
 - Review your current diet
 - Establish healthy diet habits
5. Corporate Health & Well Being
 - Fitness Classes e.g. Pilates, Gymstick Toning
 - classes, Back Care and Posture, Abs, Yoga, Circuit classes etc.
6. Presentations e.g.
 - Diet and Nutrition at work.
 - How to incorporate physical activity into your work environment.
 - How to stay active, fit and healthy despite a busy work schedule.
7. Health Screening including:
 - Bodyfat measurement
 - Heart Rate – Fitness
 - A Step-Up Fitness Test
 - Hydration Level
 - Flexibility
 - Lung Function
 - Body Mass, Weight



**Take Action Now,
Improve You
Wellbeing
And Control Your
Health
And Life!**



What is health?



“Health is positive. It does not mean giving up pleasure. It comes naturally from our lifestyle, relationships, diet, where and how we live. Health is not a possession, more a process. It’s something we do and the result of how we think and feel. It is a state of being.” (Ian Mc Dermot & Joseph O’Connor – both authors of various NLP and health related books)

We work as a team and look into areas such as:



- Improving exercise & fitness aspects (flexibility, toning, stamina, strength).
- Assessing activity habits & patterns.
- Gaining postural awareness via Pilates (body core strengthening, toning your midriff).
- Improving & assessing diet & nutrition.
- Stay on top of your health and be in control!

Your “Health Investment”

- Prices vary and depend on location, our commuting time, whether you want to train at home or in a local gym
- Staggered discounts are available if you pre-book and pre-pay 3, 5, 10 or 20 session.
- Prices are available on request.

**Contact Us Today
so we can
Get You Started !**

www.PersonalTrainerDublin.ie - www.PilatesDublin.ie

www.facebook.com/PersonalTrainingDublin

www.FitnessClassesDublin.ie

call 01-2989713 or 086-1736720 now



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Health Screening and Evaluation 45min	€50
For Motivation, Goal Setting and Achieving NLP Neuro Linguistic Programming	€60

Back Care Programme – various specific core and Pilates exercise to strengthen your abdominal muscles, which support your back, plus strengthening and mobilising exercises for the relevant part of your spine and back. For prices see Personal Training.

Personal Fitness Training in our **Fitnecise Studio** in the Nutgrove Office Park, South Dublin, Dublin 14, 16 close To Dundrum, Rathfarnham, Churchtown, Ballinteer, Marlay Park, Ballyboden, Templeogue, Leopardstown, Sandyford

A Second Person can join for an additional €25.

1 hour Rates

	Cost per session	You SAVE	Total Price
1 session	€55.00	-	€55
3 sessions	€51.67	€10	€155
5 sessions	€50.00	€25	€250
10 sessions	€47.50	€75	€475
20 sessions	€45.00	€200	€900

Unemployed – Student – Senior Citizen Rates

	Cost per session	You SAVE	Total Price
1 sessions	€44.00	-	€44
3 sessions	€41.34	€8	€124
5 sessions	€40.00	€20	€200
10 sessions	€38.00	€60	€380
20 sessions	€36.00	€160	€720



www.PersonalTrainerDublin.ie - www.PilatesDublin.ie

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30min Rates

A Second Person can join for an additional €12.50.

30min Rates

	Cost per session	You SAVE	Total Price
1 session	€32.50	-	€32.50
3 sessions	€30.83	€5	€92.50
5 sessions	€30	€12.50	€150
10 sessions	€28.75	€37.50	€287.50
20 sessions	€27.50	€100	€550

Unemployed – Student – Senior Citizen Rates

		You SAVE	Total Price
1 Sessions	€22.00	-	€22
3 Sessions	€20.67	€4	€62
5 Sessions	€20.00	€10	€100
10 Sessions	€19.00	€30	€190
20 Sessions	€18.00	€80	€360



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