

# Whatever your fitness goals are, we have the answer

I set up CC Fitness in 2019. I have been working in the Health and Fitness industry since 2009. I have been a Manager and Leisure Professional within a gym in Slough and have covered many different areas of coaching, from Childrens Football and Rugby sessions to personal fitness plans for all ages and abilities. In 2020 I decided to take CC Fitness to the next level and now offer personal 1-2-1 sessions as well as group circuit training. These sessions can be carried out in a gym, outdoors (weather permitting) or even in your own home. Whatever you are trying to achieve, whether you want to build up strength, increase your stamina or just improve your fitness levels I will be able to work out the best plan for you.

My Qualifications include.

Circuit Training  
Personal Training Level 3  
Strength and conditioning  
Specific Sports Programmes (Football, Rugby etc).

Chris Cragg

SIGN UP

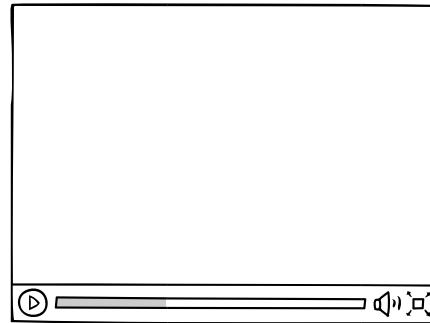
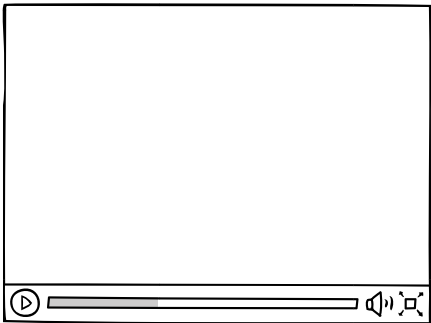
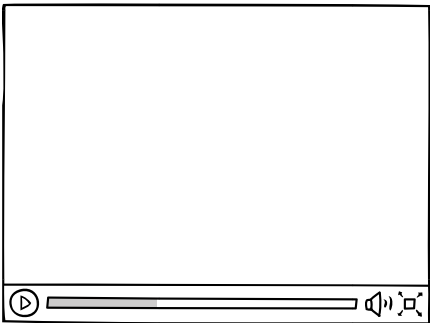
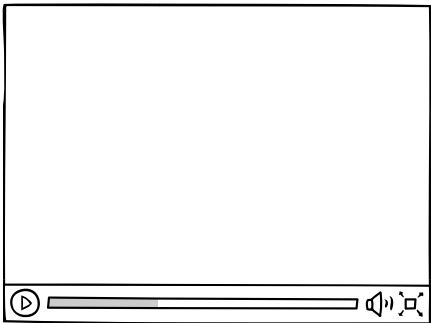
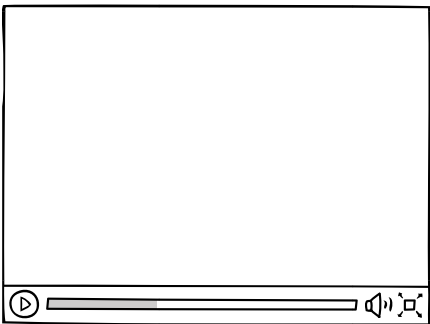
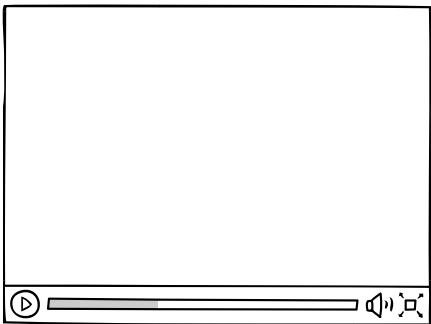
Testimonial 1

Testimonial 2

Testimonial 3

Testimonial 4

Sample Sessions





## Courses / Price List

Session	Cost Per Hour	Book 10 in advance Per Hour
1-2-1 in Gym	£35.00	£30.00
1-2-1 in Park Weather Permitting	£30.00	£25.00
1-2-1 at Your Home	£40.00	£35.00
Group Circuits in Park Weather Permitting	£25.00	£20.00

All courses are geared around your goals and take into account your age and level of fitness. We can work together on Weight Loss, General Fitness, Building Muscle and many more but all dependant on your needs. I am based in Slough and cover the immediate area including Maidenhead and Windsor.

Sign Up



For more information please leave your details below and I will be in touch with you as soon as possible. Thank you

Name:

E-mail address

Address

Telephone number

