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**Page one: Home**

This site is the home of Samantha Crease, a fitness expert specialising in helping you find your healthiest, happiest, most vital self.

She has developed a range of services to help you feel the best you can by gently welcoming you back into the fun world of fitness with the help of some other level 4 REPs accredited instructors and Phillippa Parish our qualified nutritionist.

Samantha's wealth of experience in teaching classes, holding workshops within Bristol and Bath, providing online resources, offering massage, swimming lessons, hydro therapy and writing articles which means she can provide you with all the knowledge, know how and encouragement you'll need.

To contact Samantha you can email her on

[samantha@gentlefitness.co.uk](mailto:samantha@gentlefitness.co.uk)???? made this up as do not know what is linked to the domain and how to link it to my personal account.

Or find her on Facebook – link

or twitter – link

logos

REPs Train the Nation GX community Pink Ribbon Program

**Page two: Classes**

Title bar

**Community classes**

For the most up to date classes please check out my facebook page LINK

|  |  |  |
| --- | --- | --- |
| class overview - scroll down for details | | |
| Monday | | |
| 09:35 | Yoga course | Keynsham Leisure Centre |
| 17:45 | Yoga class | Keynsham Leisure Centre |
| 1900 | Ante Natal course | Keynsham Leisure Centre |
| Tuesday | | |
| 11:00 | Beginners Body Blast | Cross Keys Pub |
| 11:30 | Supple Strength | Cross Keys Pub |
| Wednesday | | |
| 09:35 | Yoga class | Keynsham Leisure Centre |
| 10:45 | Post Natal course | Keynsham Leisure Centre |
| Thursday | | |
| 18:00 | Beginners Body Con | Keynsham Leisure Centre |
| 20:00 | Pilates | SBL |
| Friday | | |
| 09:55 | Beginners Pilates | Keynsham Leisure Centre |
| 11:00 | Super Seniors | Keynsham Leisure Centre |

**Samantha’s Freelance Classes (term time only):**

Cross Keys pub garden, Holly Guest Road, Hanham, Bristol BS15 9NT

Tuesday 11-1125 Beginners body blast. £2.50 per class

Tuesday 1130-1155 supple strength £2.50 per class

* Hot drinks are available in the pub for £1 at 12 noon
* All the classes in Cross keys is open to everyone. Mums/Dads/Grandparents can bring children so long as they stay in the pram/buggy during the class.
* Please bring an exercise mat or large towel to these classes to lie on when needed.

**Samantha’s Classes Hosted at Keynsham Leisure Centre:**

Monday 1745 yoga Keynsham Leisure Centre

Wednesday 0935 yoga Keynsham Leisure Centre

Thursday 1800 Beginners body conditioning Keynsham Leisure Centre

Friday 0955 Beginners Pilates Keynsham Leisure Centre

Friday 11am Super Seniors Keynsham Leisure Centre

(For the cost of Keynsham Leisure classes please contact them directly 01225 439680.)

All classes taught at the Leisure Centre need to paid for at the Reception desk.

**Samantha also teaches exercise courses for Keynsham Leisure Centre.**

These are 6 weeks long and must be booked in advance

The next batch of courses are starting on 1st June 2015:

Monday 0935 yoga

Monday 1900 ante natal

Wednesday 1045 post natal

**Samantha’s Classes Hosted at Sir Bernard Lovell Sports Centre:**

Thursday 2000 Pilates SBL Sports Centre

(For the cost of SBL Sports Centre classes please contact them directly 01454 868158.)

All classes taught at the Leisure Centre need to paid for at the Reception desk.

**Page three: other services**

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**Other services**

Gentle Fitness also offers:

Swimming lessons for children and adults (link down to page)

massage (link down to page)

Hydro therapy (link down to page)

**Massage with Gentle Fitness** aims to promote a feeling of good health and wellbeing while being affordable. Massage involves manipulation of the body’s soft tissue to relieve muscle tension, back pain, headaches, aches and pains. Massage also increases mobility and flexibility, increases relaxation and improves the circulation.

Prior to your massage you will receive a confidential consultation that allows Samantha to discover how to best meet your needs and will cover injuries and medical conditions to ensure she is aware of any contra-indications (physical conditions that would prohibit or limit a massage). Any client with certain conditions such as cancer, cardiovascular disease, epilepsy, diabetes or trapped nerves will need to check with a doctor before receiving a massage.

## Massage Treatments:

**Full Body Massage**

**Back, Neck and Shoulder Massage**

**Specific Area Massage (i.e. legs)**

Gentle Fitness offers a mobile massage service which means we can meet you at your place of work or in the comfort of your own home, equipped with a professional massage table and everything that is required to provide your treatment of choice. All that you need provide is the floor space of an average wallpapering table.

Should you wish to pay for an individual session your payment must be received prior to the treatment, however we do offer blocks of sessions at a discounted price.

If you need to cancel your massage we require a minimum of 48 hours notice will be needed or you will still be charged for your massage

**£20** Back, Neck and Shoulders  
**£35** Full Body Massage  
**£20** Leg Massage

## Swimming lessons

## Confidence in the water at any age!

From water confidence to lessons in advanced swim technique you are sure to receive a session to suit your needs.

Whether your first lesson covers holding hands walking through the water to get used to it, learning breathing and getting your face wet or mastering butterfly stroke, all levels of ability can be catered for.

Samantha currently offers lessons to clients ranging from 3 years old to mid 80’s. Swimming lessons are one on one and can be held in a pool local to you. Samantha predominantly gives lessons within the South Gloucestershire Leisure Centres. If you’re unsure of the best location for you, get in touch.

**£20** per session (this does not include you own pool entry)

## Hydro Therapy

Hydro therapy consists of exercises taught in shallow water so is suitable for both swimmers and non-swimmers alike. Hydro therapy can help with joint pain and in rehabilitation after surgery, for example following hip and knee replacements. Due to the water helping to make you buoyant and lighter this very light form of exercise minimises impact to your body.

Floatation devices and other water equipment used such as webbed gloves, floats, noodles and resistance bands can also be used.

**£20** per session (this does not include you own pool entry)

**Page four: testimonials**

*Not sure if this needs their own page or can go down the side of the home page and other pages? What do you think?*

Testimonials

Learn what Samantha’s clients think…

“Sam taught my youngest son to swim on a 1:1 basis. She was great fun and pushed him to his limits which he thoroughly enjoyed! His style and confidence improved quickly and they built a great relationship. Sam was honest with me once my son had reached a good level of competency – she didn’t keep taking my money like some teachers do! Highly recommend Sam!” Rachel Coleman  
  
“Sam is a motivational instructor who through a selective and focused training schedule enabled me to run a better time in Bristol 10K, even with a lung condition that would normally keep me out of the gym. I would gladly give positive feedback for her and encourage anyone to ask for her help.” Darren Britton  
  
“Sam’s Yoga is an amazing class especially for beginners and the unfit! You’re made to feel welcome and important. You get tons of encouragement and support. After 30 odd years I can touch my toes!!! I love Sam’s class.” Sarah Hammett  
  
“Gone are the days where exercise was boring. Sam makes it a joy to work through a regular routine and makes it easy to stay motivated. It’s hard work made fun and I’m really pleased with the results she has helped me to produce.” Josh Rendell  
  
“Very professional sports based massage. It works for stiff or tight muscles and helps to unwind. I enjoy that Sam explains what she is doing as she does the massage. It also helps to know how to avoid tighter muscles and processes that happen in the body and the muscles on a daily basis when you are doing certain exercises. I love the option of different oils and treatments to help relaxation.” Lucy Deas  
  
“It’s an enjoyable class with plenty of banter, don’t get me wrong it’s hard work and you certainly work up a sweat. The rotation of equipment every week means you get plenty of variety which is good. Sam is a great instructor making sure everybody is able to participate what ever there level of fitness.” Douglas Bartley on Samantha’s Body Conditioning class  
  
“Sam has been helping me with my fitness for over a year now. I am a 57 year old woman, and I have not done any sports or fitness activity since I was 16. I had never set foot inside a gym. Due to a problem with my vision I was becoming less and less active and moving more slowly. I was beginning to feel very lethargic. I told Sam how I was feeling and she put me at ease straight away. We discussed my options and she came up with a programme. Once we started I did not feel under any pressure to “perform”, and I did not feel that she was judging what I could or couldn’t do. She has let me take things at my own pace. I don’t regret one moment that I have spent excercising. I feel a lot more toned and am definitely feeling the benefit of my sessions with Sam. I have no hesitation in recommending Sam as a guide to getting and keeping fit.” Josie Isle  
  
“I have always enjoyed Sam’s tummy session, they have been fun, informative and friendly.” Hannah Brewer  
  
“Samantha is a very conscientious trainer always ready to meet the needs of her clients. She is happy to answer questions, great at writing programs and willing to help the client meet their goals. She appears to know her job really well. Samantha is easy to approach and has a friendly personality and I would thoroughly recommend her as a trainer.” Jacqui Cook  
  
“I started training with Sam 9 months ago, my aim was to lose weight and improve my aerobic fitness. Working with Sam has kept my programme challenging, interesting and achievable. Sam is always ready to listen to my requirements and her encouragement helps me to keep on track. To date I have exceed my target weight loss, as well as the added benefits of lowering both my blood pressure and cholesterol. I look forward to continuing to work with Sam, who I am confident, will support me in achieving my future goals.” June Rogers  
  
” I would recommend Sam to anyone who is looking for a personal trainer. Over the last two and a half years she has helped me to achieve my goals, both inch loss and weight loss. Her balance of professionalism and friendly support has maintained my commitment to improve my overall fitness” Sharon Ranahan

Sam has been undertaking one on one swimming lessons with me for over six months now. She gives me the confidence to do things that I have never done before, jumping in the deep end and putting my head under water. She is professional and while she is determined to help me achieve a better  
swimming technique she also makes it fun and very enjoyable." Denene Burton

"Sam is a very good all round leader of her fitness classes. This involves ensuring we all enjoy the fun in the exercises and at the same time looking after the class. Everyone is encouraged to be part of the group but looked upon as an individual" Janet Worlock

"The super senior/gentle exercise class is very good. I enjoy the variety spending time on each exercise and find it beneficial. It is very friendly especially if you are new to exercising" Judith Taylor

"I enjoyed my first class. Excellent supervision an explanation of various levels of exercises within my capability. Sam is quick to observe any problems and gives lots of encouragement. A very friendly atmosphere" Kathrine Dunn

"Since joining Sam's classes I have noticed a big improvement in my breathing and well being. Also a steady weigh reduction which I am pleased about" Ray Griffin  
"Sam is a very encouraging instructor, good fun but professional. The classes are always enjoyable and a good workout" Chris Taylor

" Sam is caring, encouraging and aware without being sickly sweet about it. Provides different levels of activity without others knowing where you are" Nola Lowe