



## // Join the Kew for a Taste of motive8's Brand New Fitness Studio

On Saturday 6<sup>th</sup> September 2008 health and fitness specialist, **motive8**, held an open day at its fantastic new state-of-the-art Personal Training and Pilates studio in Kew, West London. Visitors can enjoy FREE massages, exercise advice, demonstrations, taster programmes and postural/gait analysis.

Located in Kew Bridge arches, adjacent to the Kew Green Summer Fair, its expert training team and rehabilitation therapists were on hand to answer all your exercise and sports injury questions. There was also be a vitamin water sampling van, children's Concept2 rowing challenges and a skittles competition - youngsters will be supervised whilst parents make the most of the other free activities on offer.

Visitors to the studio also received complimentary goody bags, including a bottle of Glaceau Vitamin Water, a **motive8** t-shirt and pen as well as a car servicing offer from its corporate partner, Chiswick Honda.

From one-to-one or buddy personal training and Pilates, to small group fitness classes, sports therapy and rehabilitation and massage, the **m8** Training Studio is the ideal base for achieving your personal fitness goals. Boasting a complete range of fitness equipment, clients have access to cardiovascular, free weights, Olympic rings, cable motion resistance machines, kettle bells, plyometric platforms, musculoskeletal rehabilitation, video gait and biomechanical analysis technology all combined with the skill and expertise of a diverse **motive8** training team.

The **motive8** team boasts over 25 degree (or industry equivalent) qualified trainers, rehabilitators and schools coaches providing approximately 500 sessions per month to our rapidly-expanding client base. In addition, **motive8** supplies corporate training programmes to high profile businesses, such as Chiswick Honda, who also sponsor its 2008 schools programmes.

Save money by booking block sessions. Contact 0800 028 0198 or [info@m8group.net](mailto:info@m8group.net) for further details.

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**Note to Editors - motive8** is a health and fitness solutions company based in Hampton Hill, specialising in residential and commercial gym design, personal training and school sports provision. Established in 1998, it has progressed to become one of the market's leading health and fitness providers. Call 0800 028 0198, visit [www.m8group.net](http://www.m8group.net) or email [info@m8group.net](mailto:info@m8group.net) for further details.