

26 November 2020

Dear Parents

Our newly renovated Performance Centre is now open for external use!

The Centre will be operated by Areté Performance who provide athletic development for our curriculum and sports teams.

Areté are performance specialists with extensive experience working with professional athletes, youth athletes and all those who are interested in improving their strength and fitness, helping them achieve the goals they set for themselves.

They will be offering personal training from the new Performance Centre, led by their Performance Coaches, who all have experience from various elite sport environments, along with having studied their discipline of training and coaching to a minimum of degree level.

Whether you have clear goals such as swimming the Channel or rowing the Pacific (as some of their current/previous trainees have), or simply want to take your health and performance to the best levels yet, Areté's coaches have the expertise and understanding to get you there.

Their training programmes takes into account your training history, injury history and current life constraints, to make sure your programme works specifically for you and progresses appropriately.

As rehab specialists they can also help with mid to late stage rehab and return you to higher levels of function than you've ever reached previously.

Details of their prices are attached - **all RGS parents get a 10% discount on these prices.** To book your free telephone consultation, please email them at info@arete-performance.com, including 'RGS Centre' in the subject line.

Your sincerely

James Honeyben
Head of Rugby

A grayscale background image of a woman with long hair, wearing a sports top and shorts, leaning forward on a stationary bike. She is looking at a laptop screen. A red swoosh graphic is positioned to the right of the text.

**ARETÉ
PERFORMANCE**

PRICE LIST

1-1 PT

Rolling 4 week blocks

60min:

1 session p/w - £280

2 sessions p/w - £540

3 sessions p/w - £800

90min:

1 session p/w - £400

2 sessions p/w - £780

3 sessions p/w - £1140