

Lesson Overview



Christopher Philip Norton

SWISS PGA CLASS AA

Christopher strives to be the most educated he can possibly be. Teaching with the newest findings and science in regards to the golf swing is at the top of his priority list.

What about humour, you might ask? If you don't laugh during your lesson, you'll get your money back.



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ACE CERTIFIED PERSONAL TRAINER

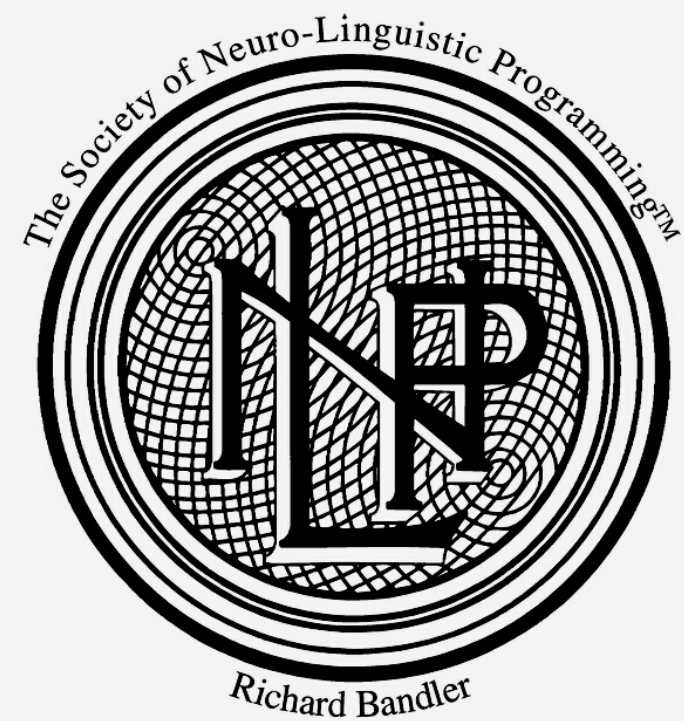


THE SCIENCE OF MUSCLES

To be fully equipped in knowing how to teach a golf swing, it is imperative to understand the relationships between every muscle group, their tendons and ligaments.

GUARANTEED LEARNING EXPERIENCE

By definition, Chris speaks the language of your muscles. He not only understands how your body functions but, has invested in using every movement thousand of times to ensure that you only receive the one's worth your while.



NLP COMMUNICATION TRAINER

The art of teaching can only be mastered with a concise understanding of how language impacts our learning experience. Thereafter, it is essential to know how we process the information that is provided to us.



LESSON
OVERVIEW

DETAILED RATE LIST

SUBSCRIPTION

24-Session Subscription + 3 Goal Setting Consultations incl. 1 Nutritional Consultation (valid 3 months)
CHF 2'900.-

SUBSCRIPTION

12-Session Subscription + 2 Goal Setting Consultations incl. 1 Nutritional Consultation (valid 3 months)
CHF 1'600.-

SUBSCRIPTION

6-Session Subscription + 1 Goal Setting Consultations incl. 1 Nutritional Consultation (valid 3 months)
CHF 900.-

PLAYING LESSON 9 HOLES

Choose between:
Learn a Course Rhythm
Course Management/Strategy
Tactics for Enjoyment
Learn by Visual Stimuli
CHF 250.- (max three clients)

PLAYING LESSON 18 HOLES

Choose between:
Learn a Course Rhythm
Course Management/Strategy
Tactics for Enjoyment
Learn by Visual Stimuli
CHF 500.- (max three clients)

ONE-TO-ONE

Private Session
CHF 100.- / 50'

ONE-TO-MANY

Two Clients
CHF 70.- / Client / 50'

ONE-TO-MANY

Three Clients
CHF 60.- / Client / 50'

ONE-TO-MANY

Four Clients
CHF 50.- / Client / 50'

LESSONS THAT MAKE A
DIFFERENCE



LESSON
OVERVIEW

DETAILED RATE LIST

GROUP TRAINING

Five – Six Clients. A Carefully Curated Coaching Environment to Teach You how to Practise in a Group with the Addition of Friendly Competition. Ideal for Interclub.
CHF 400 / 2 hours

GROUP TRAINING

Seven – Eight Clients. A Beautifully Orchestrated Teaching Parkour to Dive into Fundamentals or Speciality shots Ideal for Group-Class-Lovers.
CHF 500 / 2 hours

SPECIALITY LESSON

Recorded Longest Drive in a Tournament:
368 Meters / 403 Yards
My specialty is hitting the ball a long way. If you would like to learn the fundamentals of how to hit the ball further and focus solely on this, then this lesson is for you.
CHF 150 / 50'

ONE-TO-ONE

Private Session Speciality Lesson
CHF 150.- / 50'

ONE-TO-MANY

Two Clients Speciality Lesson
CHF 90.- / Client / 50'

ONE-TO-MANY

Three Clients Speciality Lesson
CHF 70.- / Client / 50'

ONE-TO-MANY

Four Clients Speciality Lesson
CHF 60.- / Client / 50'

LESSONS THAT MAKE A
DIFFERENCE



Additional Benefits for G&CC Neuchâtel Members



33%
ON
PERSONAL
TRAINING

CHF 260.- / 100'
Instead of
CHF 380.- / 100'

Personal Training
Dominate
Your Own
Body Weight

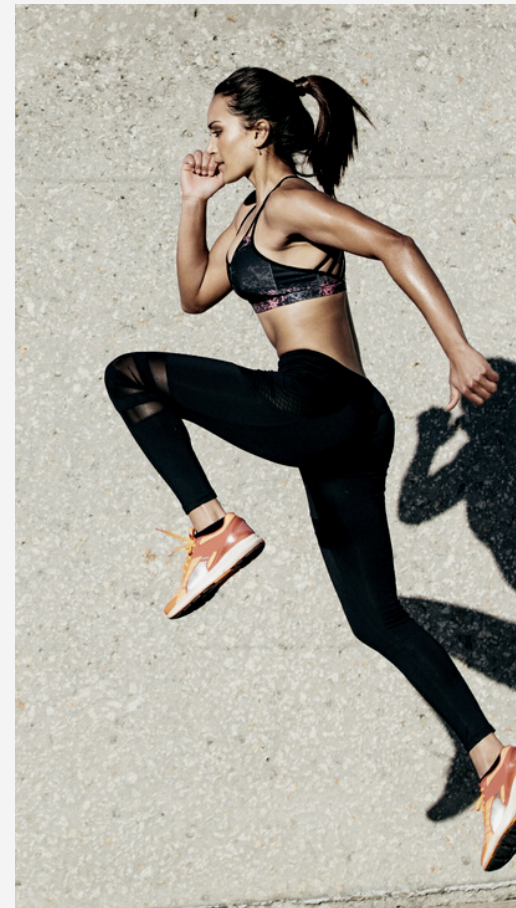


67%

of exercisers
report having
a good
night's sleep
every night or
almost every
night.



Learn to Train wherever you are!



Request a consultation by email at norton.chris@icloud.com
and Chris will start you off on your journey to become healthy, resilient and fun loving.

Chris was fat and obese for long periods of times' in his life

Chris is a very different Personal Trainer and Professional Athlete. He didn't start sports at a very young age. His best friends were Chocolate and milk until the age of fifteen. Conclusively, he got obese. Whenever there was a camera around, he fled to hide, so no pictures could be taken from him. A massive amount of shame and guilt tormented him as a kid. But there were times, later on (picture), where he got quite chubby.

Chris knows exactly how the cheesecake, sitting in the fridge, all nice and delicious-looking, flirts with you.

- Cheesecake, 'You don't have to eat me, just smell me... You don't have to have a whole piece, just a bite...'
- Young Chris eats half the cake.

Chris understands exactly how to be **not** motivated to do any physical activity. The inner dialog ranging from groaning, 'Ughh... I don't want to do that' to the complimentary films in his head, seeing himself suffering, and in pain, whilst doing sports.

It is because he knows and can elicit these, and many more internal strategies, that he can teach you everything you need to know to become healthy and energised.



Looking Forward to Teach and Inspire You



Your Professional Athlete
Christopher Philip Norton

Additional Services

Turning your beautiful home, without any chunky equipment, into a beautiful workout space.



UTILISE YOUR OWN HOME

Most people don't know how to turn their home into a gym—**without** any modification.

This is where Chris comes into play.



UTILISE YOUR OWN HOME

You **don't** have to leave the comfort of your own home to get a bangin' workout done. You **don't** have to change anything.





UTILISE YOUR OWN HOME

This exact
space, with
no
modification,
will give you
an amazing
workout.



A Select few of these Equipment
Variations are Enough for a Solid
Workout.



DETAILED RATE LIST

HOME WORKOUT CREATION

Chris will visit your home, map out all your home's potential, demonstrate how to use the equipment and set you off with a workout plan.
CHF 900.-

HOME WORKOUT CREATION +

Includes all benefits of Home Workout Creation plus, ten Personal Trainer Sessions.
CHF 1'400.-

PERSONAL TRAINING IN YOUR PREFERRED GYM ESTABLISHMENT

Chris knows every machine off by heart. He will give you all the necessary tools to progress and leap over every plateau you encounter.
CHF 260.- / 2 hours
incl. Chris' gym entry

PERSONAL TRAINING OUTDOORS

Learn to own the bars in the beautiful Altenberg (Bern) surroundings at the river Aare. Chris will teach you how to master pull-ups, push-ups, dips and many more.

ONE-TO-ONE

Private Session
CHF 260.- / 100'

ONE-TO-MANY

Two Clients
CHF 180.- / Client / 100'

ONE-TO-MANY

Three Clients
CHF 160.- / Client / 100'

ONE-TO-MANY

Four Clients
CHF 140.- / Client / 100'

Live a Healthy,
Rich Life.

Personal Training
Dominate
Your Own
Body Weight

PERSONAL TRAINING EXPLAINED

STRUCTURE

Every Personal Training Session is a minimum of two hours.

Working out is only one piece of the puzzle. Solely focusing on this is the reason why 50% of people quit working out in the first six months.

These two hours will be dedicated to warm-up, optimal nutrition evaluation, pantry check, working out, motivational strategies and cool-down. Chris will create the perfect formula tailored to your needs and wants.

WHY TWO HOURS?

Being fit is a combination of a healthy lifestyle and utilising your body.

Are you sporadically tired walking up a flight of stairs? Is it sometimes strenuous to clean your house? Are there certain positions that seem super uncomfortable? Have you had back pain after playing golf?

A minimum of two hours gives you the opportunity to delve deep into the fundamentals of how to live a healthy and rich life.

Have you sometimes wondered why it's difficult to become fit? You'll never have this question again.

WHAT ARE YOUR GOALS?

Would you like to swing faster? Would you like to swing smoother?

Choosing a personal trainer who is also a golf professional is the perfect opportunity to take your golf game to the next level.

Would you like to become fitter, healthier or more health conscious? Book a session now.

Never be in pain again.
Never quit working out again.
Begin to live a healthy, rich life.

Live a Healthy,
Rich Life.

