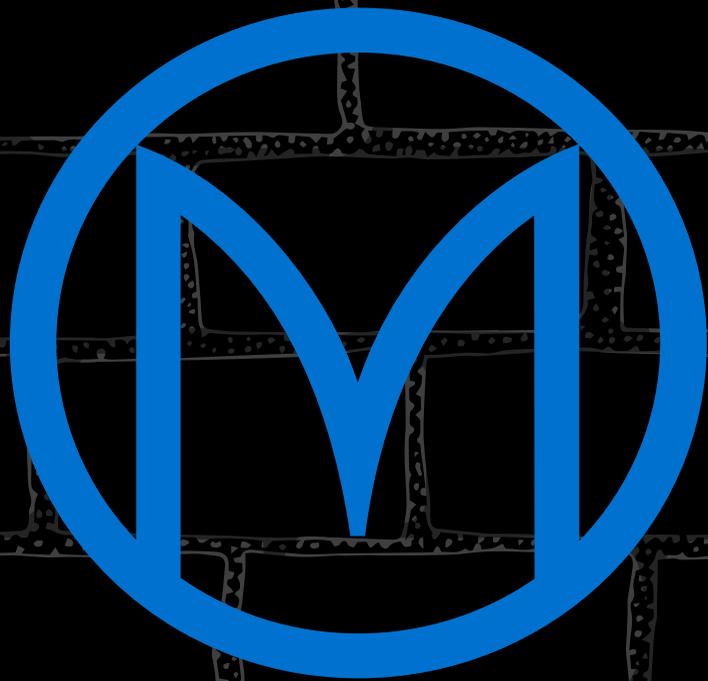


**MATT ROBERTS
EVOLUTION**



**CLIENT
JOURNEY**



MATT ROBERTS EVOLUTION

Matt Roberts Evolution is a luxurious urban haven in the heart of Mayfair. Featuring a state-of-the-art gym that offers the highest level of Personal Training in London, the latest cardio and functional equipment, including a ski Erg, Versa Climber and Watt bike, a stunning infrared equipped yoga studio offering stimulating and restorative style yoga classes, a traditional style cutting edge Physio-led Pilates studio featuring the latest reformer beds, a Cadillac and an array of core alignment tools, a Physiotherapy clinic offering full diagnostic and rehabilitative treatment, a GP led medical skincare clinic offering full medical checks, vitamin infusions, the latest laser skin treatments, injectables and targeted facials, and an ingredient focused smoothie and protein bar.

START YOUR JOURNEY WITH US TODAY

STEP 1

360° Health & Fitness

UNDER THE SAME ROOF

Your path to transformation begins as soon as you enter *Matt Roberts Evolution*.

Let one of our Wellness Concierges introduce you to our diagnostic, medical, fitness and aesthetic teams who have been selected for their unrivalled mastery of their skill and attention to detail.

They will explore your requirements and interests and create your bespoke evolutionary programme.



STEP 2

Initial

CONSULTATIONS

PERSONAL TRAINING

A Matt Roberts Personal Trainer will guide you through an initial consultation to assess your fitness levels. A full body 3D scan on the Styku machine will allow us to highlight the areas you would like to focus on. This is followed up with a Movement Pattern Assessment to evaluate quality of movement, Stability and Core Strength. We help you to reach your goals, whether functional or aesthetic, in the most efficient and enjoyable method.

At *Matt Roberts Personal Training* we truly believe that if consistency is the pathway to results, enjoyment is the key to commitment.



DECREE CLINIC

Let *Decree Clinic* match your treatments to meet your beauty and wellness needs, following their unique 'Integrated Health' approach designed by GP and Skin expert, Dr AJ Sturnham. A practitioner will examine your skin's condition using 3D scanning technology, before designing a custom plan. Decree Clinic specialises in rejuvenating face and body treatments, utilising the skin boosting benefits of technologies such as Radiofrequency and Ultrasound facials, alongside Body sculpting technology such as EMSculpt.

Baseline tests to optimise internal hormonal, gut and nutritional health underpin all of their refined treatments.

NUTRITION

Decree Clinic's esteemed Nutritionist can recommend a plan to assist your training and skin enhancing efforts. Following testing you will receive your results and our personalised recommendations. Addressing any underlying issues in your body before you commence training lets us refine our approach to accelerate your results without compromising your health and safety. Dr. AJ believes that to look your best on the outside, internal balance is vital too.



PHYSIOTHERAPY CHECK UP

Mayfair Physiotherapy's team are experts in being able to assess function and diagnose muscle imbalances, working to optimise your recovery and ensure you stay injury free. They will create a perfect recovery pathway, which may include using diagnostic ultrasound, shockwave therapy, mobilisation, soft tissue release, needling and specific exercise and strength work.

Protecting your musculoskeletal structure allows you to push your training boundaries even further.

PILATES ASSESSMENT

Your *Mayfair Pilates* assessment looks at your body as a whole, but also hones in on specific problem areas.

Whether you'd like to be able to sit cross-legged on the floor or you've dreamt about improving your golfing handicap, your Physiotherapist will create a remedial plan to define any areas that need working on, before one of their Pilates Instructors can guide you through the most relevant exercises for your specific needs.

DNA TESTING

Applying the latest advancements in genetic testing, C.Me Fit identifies your unique code, offering you an additional asset to successfully advance towards your finish line.

Your personal nutrigenetic analysis allows us to further refine your programme to match your individual architecture.



STEP 3
Your core
EXPERIENCE

MATT ROBERTS PERSONAL TRAINING

Vetted for their individual expertise, *Matt Roberts Personal Trainers* possess a variety of sporting, athletic, gymnastic, martial art and sports science backgrounds that allows them to construct the best personal training plan for you. Considerate of your own tendencies and preferences, their adaptive approach upholds you throughout your journey.

Always observing your form, they take the planning into their hands so that you can focus on technique and reach your ultimate performance capacity.

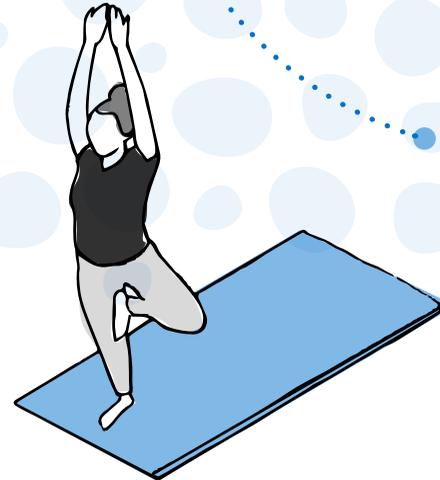


YOGASPHERE

Flexibility is key to having a more fulfilling life both in the body and with the mind too. We should all bend more, so we do not break.

Mindfulness + Stress Relief. Increase Energy. Toning + Flexibility. Rest + Rejuvenate. Boost Metabolism. Inner Alignment. *Yogasphere's* Six Spheres have been curated to bring the body into harmony with nature. They plant 10 trees for each client every time you attend a yoga class with us.

Our light bathed studio provides ambient and infrared heated classes to improve muscle relaxation and joint mobility so that you can reach a deeper state of consciousness, flexibility and depth in the pose.



MAYFAIR PILATES

Centring, Concentration, Control, Precision, Breath, and Flow.

For many, these key principles are the foundation of the Pilates approach to exercise. Their application to the Pilates method of is part of what makes it unique in the fitness world.

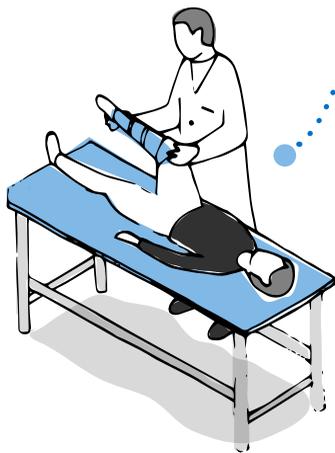
Mayfair Pilates helps you fight the effects of modern life through their high quality movement style classes. Their physiotherapist led team will tailor a unique course to ensure good spinal health, enabling you to improve your training and overall lifestyle.

Featuring the latest Pilates equipment, their small group classes and Private sessions have been devised to help you to increase strength, flexibility, coordination, and form in a much more advantageous way than in larger classes.

MAYFAIR PHYSIOTHERAPY

Regular full body MOT's help us to identify and address any areas that are not functioning optimally. The **Mayfair Physiotherapy** team are masters at uncovering and correcting any imbalances and rehabilitating injuries that could hinder your performance.

Physiotherapy should be a cornerstone of every key training plan to help prevent injuries and maximise performance.



DECREE CLINIC

Inner health and outer aesthetic are both formative components of your ultimate wellbeing.

Decree Clinic offer personalised 'Face' and 'Body' treatment plans, nutrition support, IV drips and workout recovery treatments that are designed to enhance your

Evolution training regimen and lifestyle needs.

Their IV drips are tailored to treat nutritional deficiencies, boost immune function, increase your energy levels and subsequently your physical exertion tolerance.

STEP 4

CHANGING FACILITIES

Leave your stresses behind in our premium lockers and unwind in our luxurious changing facilities at **Matt Roberts Evolution**. Wrap up in a fluffy towel and pamper yourself before heading back into your day feeling revived.

STEP 5

RE-EVALUATE

Evolution Definition:
The gradual development of something

During your end of programme assessment we track your progress by re-measuring the vital health parameters that were taken during your initial assessment. Seeing your smile when you realise how far along you have come is why we do what we do.



STEP 6

EVOLUTION CAFE

Mood regulating adaptogens. Grass-fed bovine collagen. Muscle fuelling amino acids. Whether you need a pre-session boost or a post-workout replenishment, the menu at **Evolution Cafe** has been formulated with highly targeted ingredients that act as complimentary agents to your lifestyle improvements.



MATT ROBERTS
— EVOLUTION —



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