

- Business Name = Personal Workout  
Directory category = Fitness, healthy, leisure etc.  
Business Email = [info@personalworkout.co.uk](mailto:info@personalworkout.co.uk)
- Ali Gibb
- [www.personalworkout.co.uk](http://www.personalworkout.co.uk)

Bespoke fitness package tailored to you and your lifestyle.

We all seem to live busy hectic lifestyles these days. It is more important than ever to be fit and healthy for this.

Tailored to your lifestyle and pocket a fitness regime. If you need inspiration or motivation with a 1-2-1 trainer the results can be phenomenal.

Phenomenal results with a 1-2-1 trainer who inspires and motivates.

Group training also given whether football, boot camp style, circuit training or strength training

They say you only get out of something what you put into it. That is true, so lets make sure that you are doing your exercises the correct way for you, with personal tuition that will set you up for life.

Professional fitness advice at your disposal.

Boost your mood and stay in shape at the same time one feeds the other. Here at personal workout we have a passion to get you as fit and active as you want or need.

Covering South Manchester

Covering areas throughout Lancashire and Cheshire

Prices:

One Personal Training session £30 (1 hour session/£30 per hour)

Two-person Personal Training session £50 (1 hour session/£25 per person, per hour)

Multiple persons/Group Personal Training sessions £25 per person per hour

Please get in touch if you have in mind packages that I might be able to create for your own needs.