

Lean Body Vision price list**Personal training, group exercise and therapy**

Service	Price	Notes
1 hour one to one at the studio	£35 per hour	Book 10 sessions at once for £300
30 mins one to one	£25	Book 10 sessions at once for £200
45 mins one to one	£30	Book 10 sessions at once for £250
Partner PT	£45	Book 10 sessions at once for £400
Group PT	£50 per group	Max of 5 people (cost split between you)
Bootcamp	£40, £45 or £50 per month	1 session a week, 2 sessions or 3
Zumba	£4 on the door	See website for class times
Gold weight loss package	£380 saving nearly £30	10 x one hour personal training sessions at the studio, 1 x 10 day detox pack, 1 x nutrition pack (1xTNT, 1x protein, 1xOmega 3's)
Silver weight loss package	£300 saving nearly £30	8 x one hour personal training sessions at the studio, 1 x nutrition pack (1xTNT, 1x protein, 1xOmega 3's)
Injury rehab package	£145 saving £25	3 x sports massages, 3 x 1hr personal training sessions, 2 x 1/2hr stretching sessions, 1 x everflex supplement
Sports package	£375 saving nearly £50!	3 x sports massages, 8 x 1hr personal training sessions, 1 box of 30 solstick sachets, 1 bottle of zambroza
Pregnancy package	£280 Saving £20	2 x pregnancy massages, 1 x gym ball for at home use, 1 x at home program 6 x personal training sessions
Detox programme	£99	10 day herbal detox from Nature's Sunshine (worth £66), full health analysis of all body systems, welcome pack, before and after detox consultations.
1 hour massage	£35	With Jacqui
1 Life coaching session	£35	45 minutes with Stacey
2 Life coaching sessions	£65	
4 Life coaching sessions	£115	
AccuKick stop smoking pack	£199	8 sessions with Mark Rice

Gift vouchers available for all products! Prices subject to change at any time.

[Lean Body Vision, Your Catalyst to Success!](#)

All packages must be paid in advance. Cash, cheque or BACS payments are accepted.

Terms and conditions apply including our 24hr cancellation policy on all sessions.

Contact us for more information