



PRICE LIST

PERSONAL TRAINING

(Prices are based on 60 minute sessions)

| | <u>Normal</u> | <u>Corporate</u> |
|---|---------------|------------------|
| PERSONAL TRAINING STARTER PACK (3 x 30minute Sessions) | £15 - 20 | £15 - 20 |
| INDIVIDUAL ONE TO ONE PERSONAL TRAINING SESSION | | |
| 30 Minute Training Sessions | £15 - 20 | £15 - 20 |
| 60 Minute Training Sessions | £25 - 32 | £20 - 25 |
| 6 ONE TO ONE PERSONAL TRAINING SESSIONS (Buy 6 Sessions up front and get ONE FREE) | £125 – 150 | £100 - 125 |
| 12 ONE TO ONE PERSONAL TRAINING SESSIONS (Buy 10 Sessions up front and get TWO FREE) | £250 – 300 | £200 - 250 |
| PERSONAL TRAINING PER COUPLE (£15 per person) | £ 30 | £25 |
| GROUP PERSONAL TRAINING (3 or more people) | £40 | N / A |
| STUDIO GROUP EXERCISE SESSION (For schools, groups, teams) | £30 | N / A |

**** Please note that prices vary depending upon which facility you choose to train at and whether your clients are Members or not. If you have any further questions regarding this matter then please do not hesitate to contact us. Corporate Prices refer to Council Workers and Emergency Service employees. Proof of identification will be required.**