

Personal Training

Block of 5 = £100

Block of 10 = £200 (plus one extra free session)

Block of 20 = £400 (plus two extra free sessions)

Partnered Training (two people)

Block of 5 = £150

Block of 10 = £250 (plus one extra free session)

Block of 20 = £450 (plus two extra free sessions)

All options include free initial consultation and initial fitness analysis, plus the actual personalised training plan and nutritional advice throughout the plan. Also ongoing support via e-mail.

More Price Options on the website

www.jays-fitness.co.uk