

ONE SESSION PER WEEK (8 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive ONE hour long session per week for 8 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £340

Or 2 Instalments of £175

IMPORTANT

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



TWO SESSIONS PER WEEK (8 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive TWO, hour long sessions per week for 8 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £640

Or 2 Instalments of £330

IMPORTANT

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



THREE SESSIONS PER WEEK (8 weeks plan)

This is a great package for someone who wants the accountability of having a Personal Trainer, but who has a general knowledge of the gym environment.

You would receive THREE, one hour long sessions per week for 8 weeks.

Your first session will be slightly longer as I will be taking height and weight measurements, along with a history.

We will establish a calorie goal and you will be given 4 cook books to help with your nutrition.

Every week you will take your weight, to determine what is needed to ensure continued success.

No membership to the gym is required, the use of the gym and facilities is covered in the price. This ONLY applies for our sessions.

Payable as 1 instalment of £915

Or 2 Instalments of £469

IMPORTANT

**MUST BE COMPLETED WITHIN 10 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 10 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**

