

ONE SESSION PER WEEK

(10 week plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive ONE, hour long session per week for 10 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 £399

Or 2 Instalments of £205

IMPORTANT

**MUST BE COMPLETED WITHIN 12 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 12 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



TWO SESSIONS PER WEEK (10 week plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive TWO hour long session per week for 10 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 £780

Or 2 Instalments of £399

IMPORTANT

**MUST BE COMPLETED WITHIN 12 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 12 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



THREE SESSIONS PER WEEK (10 week plan)

An ideal intermediate package. This is aimed at someone who has gym experience, but requires the support and expertise of a professional to build an exercise programme. This person probably has a gym membership and is able to complete another gym session alone

You would receive THREE, hour long session per week for 10 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 £1110

Or 2 Instalments of £569

IMPORTANT

**MUST BE COMPLETED WITHIN 12 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 12 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**

