

ONE SESSION PER WEEK (12 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 12 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 I will retake 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

Payable as 1 instalment of £480

Or 3 Instalments of £165

IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



TWO SESSIONS PER WEEK (12 weeks 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 12 weeks. I would suggest these are booked in at the same time for the 12 weeks. Your nutrition will be adjusted to reflect your progress

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 I will retake your weight, to determine what is needed to ensure continued success. this gives you a level of accountability.

No membership to the gym is required, the use of the gym and facilities is covered in the price

Payable as 1 instalment of £948

Or 3 Instalments of £324

IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**



THREE SESSIONS PER WEEK (12 weeks plan)

An excellent package for someone who requires motivation and accountability , but requires results.

Over 12 weeks you will receive three sessions a week. I will take your weight every week. Your nutrition will be adjusted to reflect your progress

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

Every week I will retake your weight, to determine what is needed to ensure continued success.

WEEKLY ACCOUNTABILITY

No membership to the gym is required, the use of the gym and facilities is covered in the price

Payable as 1 instalment of £1260

Or 3 Instalments of £430

IMPORTANT

**MUST BE COMPLETED WITHIN 14 WEEKS OF FIRST SESSION.
SESSIONS CANNOT BE CARRIED OVER. ANY SESSIONS REMAINING
AFTER 14 WEEKS WILL BE REGARDED AS USED AND WILL BE CHARGED
AS SUCH**

