

Personal Training Prices 2008

Personal training:

Single Session	= £37.50 per session
5 sessions	= £35.00 per session. (Total £175.00)
10 Sessions	= £32.50 per session. (Total £325.00)

All sessions include...

Full Lifestyle Assessment
Full Nutritional Assessment
Diet and Exercise advice to gain the maximum results from your training

Personal Training with a friend:

Single Session	= £25.00 per session, per person
5 sessions	= £22.50 per session, per person (Total £225.00 for you and a friend)
10 Sessions	= £21.00 per session, per person (Total £420.00 for you and a friend)

All sessions include...

Full Lifestyle Assessment
Full Nutritional Assessment
Diet and Exercise advice to gain the maximum results from your training

Sports Massage:

Full body	= £37.50 1 Hour
Upper body	= £25.00 Half Hour
Legs	= £25.00 Half Hour

Corporate Wellness Programmes:

These programs can be tailored to suit your company's needs. Please call for more details.

- We can provide **Massage** and **Personal Training** sessions for employees, benefits are increased productivity and morale of employees
- **Health and Fitness assessments:** Programs range from Lung capacity testing to Heart and blood pressure testing and 12 point health checks.
- **Nutrition and lifestyle changes:** Expert advice and action plans on all aspects of lifestyle and nutrition.