

Pricing

All sessions last approximately 1hr, prices are reduced if you buy in bulk.

Services are offered 7 days a week.

1-to-1 Personal Training

1 Personal Training Session in my home				£35
1 Personal Training Session in your home				£37.50
1 Personal Training Session in Hawley and Blackwater Leisure Centre or Sandhurst Sports Centre				£40
10 Sessions Package	in my home	£31.50*	Save £35	£315
	in your home	£33.75*	Save £37.50	£337.50
	in a gym as above	£36*	Save £40	£360

* Prices are shown per person per session

Personal Training for Pairs

1 Personal Training Session in my home				£25*	£50
1 Personal Training Session in your home				£27.50*	£55
1 Personal Training Session in Hawley and Blackwater Leisure Centre or Sandhurst Sports Centre				£30*	£60
10 Sessions Package	in my home	£22.50*	Save £50	£450	
	in your home	£24.75*	Save £55	£495	
	in a gym as above	£27*	Save £60	£540	

* Prices are shown per person per session

Nutritional Advice

1 Nutritional Advice Plan	£20
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I will provide you with a food diary which will need to be completed and returned to me 1 week before our consultation. I will then analyse your diary and discuss the findings and my recommendations with you. Remember to be honest when completing the diary, I am not judging you on what you eat, merely trying to help make recommendations for improvements.