



PACKAGE RATES

Have a look at all my available options. Once decided, you can contact me to book your free consultation/trial session (subject to availability):

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	ONE OFF TRAINING/ PROGRAM/ NUTRITION HELP	JUST TRAIN	PT MENTORING	FULL TRAINING PACKAGE
1 Hour Session	Consultation Session	YES	YES	YES
Available online or in person	YES	YES	YES	YES
Nutrition help, guidance and accountability	-	-	YES	YES
Progress reports and monthly check ins	-	-	YES	YES
Loyalty card for gifts, discounts and rewards	-	YES	-	YES
Training program with the ability to make edits	Only for one off training program, but cannot make edits or adjustments	-	Program Included but cannot make edits or adjustments	YES
Expire date	-	One Month	12 WEEKS (3 Months)	One Month
Priority booking	-	-	-	YES
Payment option	One-time payment	Monthly renewal	Upfront covers for 12 weeks (3 Months)	Monthly renewal
Top up sessions (if you finish your sessions before the month ends)	-	At rate of current package	-	At rate of current package

PERSONAL TRAINING RATES:

Standard Sessions: 1hour

	Pay As You Train	Just Train 4 Sessions +	Full Package 4 Sessions +
SOLO 1-1 For 1 person	Rate £75 per session	Rate £55 per session	Rate £65 per session
Duo 1-2 For 2 people	Rate £65 per person, per session	Rate £45 per person, per session	Rate £55 per person, per session

Blitz Sessions: 30mins

	Pay As You Train	4 Sessions +	12 SESSIONS
SOLO 1-1 For 1 person	Rate £37.50 per session	Rate £27.50 per session	Rate £32.50 per session
Duo 1-2 For 2 people	Rate £32.50 per person, per session	Rate £22.50 per person, per session	Rate £27.50 per person, per session

PT MENTORING: PROGRAM DURATION 3 MONTHS

	5 SESSIONS (1 SESSION EVERY 3 WEEKS)	7 SESSIONS (1 SESSION EVERY 2 WEEKS)	13 SESSIONS (1 SESSION EVERY WEEK)
SOLO 1-1 For 1 person	£350 (£70 per session)	£455 (£65 per session)	£780 (£60 per session)

EXTRAS

Please contact me for any other requests