

PERSONAL TRAINING

Training with our fun and experienced Personal Trainers is a fantastic way to kick start your health journey, whether rehabilitating an injury or training for specific events. Each of our trainers will give you one to one attention to take you through the very latest in techniques and exercises and can give you a personalised programme to work on between sessions.

We have experts in lean muscle growth, fat loss, rehabilitations and sports specific fitness; all of whom will help to motivate you and show you how to perform all exercises correctly to achieve maximum benefit.

	SINGLE SESSION		10 SESSIONS **	
	member	non member	member	non member
STANDARD 45 minutes - 1 hour	£39.75/£45.00 ^{****}	£45.00/£49.00	£360.00 /£395.00	£405.00/£441.00
EXPRESS PT 30 minute session*	£24.00/£27.00	£26.50/£30.00	£216.00/£243.00	£238.50/£270.00
DUO PT 1 hour for 2 people***	£64.00	£67.00	£575.00	£603.00

*As the session is just 30 minutes, you will be responsible for your own warm up and cool down.

** Sessions must be purchased prior to booking.

*** This is for 2 people who must be of similar fitness and abilities, looking to achieve the same goals.

****We have a range of trainers and the pricing can vary depending on which trainer you are working with