



PERSONAL TRAINING PRICE LIST

	EACH	TOTAL
Health and Fitness Assessment	£45.00	£45.00
Biomechanics Screen / Massage	£45.00	£45.00
Personal Training / Pilates Session	£45.00	£45.00
Life / Business Coaching	£45.00	£45.00
Set of 5 PT Sessions	£42.50	£212.50
Set of 10 Sessions	£40	£400
Set of 20 Sessions	£35	£700
Set of 30 Sessions	£30	£900

Sets of Sessions are payable in advance. If a session is cancelled with less than 24 hours' notice, then half the fee is payable.

Clients are advised to consult a doctor before commencing any exercise and to notify the trainer in writing of any medical conditions and any changes which may be affected by exercise or massage.

Client's Signature:

Trainer's Signature:

Date:

Sessions to be completed by:

Note: Fees are not refundable except in the case of extreme circumstances.