



INTRODUCTORY PRICES 2026

PERSONAL TRAINING

12 x 1-2-1 PT	£400
12 x 1-2-1 PT & 12 x SGPT	£500
12 x 2-2-1 PT	£600
12 x 2-2-1 PT & 12 x SGPT	£800

SMALL GROUP PERSONAL TRAINING

1 X PER WEEK (12 sessions)	£265
2 X PER WEEK (24 sessions)	£320
3 X PER WEEK (36 sessions)	£370

GROUP EXERCISE CLASSES

2 Months unlimited Group Ex Classes	£50
8 x Group Ex Classes	£40
Monthly Online Group Classes	£15 Per Month

All Personal Training & Small Group Personal Training packages include A MyZone Physical Activity Tracker and access to group exercise classes.



FOLLOW UP PRICES 2026

PERSONAL TRAINING

12 x 1-2-1 PT	£300
12 x 1-2-1 PT & SGPT	£400
12 x 2-2-1 PT	£400
12 x 2-2-1 PT & SGPT	£600

SMALL GROUP PERSONAL TRAINING

1 X PER WEEK (12 sessions)	£165
2 X PER WEEK (24 sessions)	£220
3 X PER WEEK (36 sessions)	£270

GROUP EXERCISE CLASSES

Monthly unlimited Group Ex Classes	£25 Per Month
4 x Group Ex Classes	£20
Monthly Online Group Classes	£15 Per Month

All Personal Training & Small Group Personal Training packages include group exercise classes.