

## Packages and Prices 2010

Below I have outlined what I can offer you, with a brief description of what it offers.  
I offer a FREE consultation where we can talk about your goals and also fill in necessary paper work.

### Nutritional & Diet Advice

This is where I would need a 7 day food diary emailed or posted to me.  
I would arrange a meeting with you to talk about your food diary and your goals.

Give you recipes and other advice to help meet your goals.

£20.00

### Standard Training Sessions

30 Minute Session £15

Packages available please contact for more details.

Hour Session £30 (Peak Time Between 5am-9am and 5pm onwards)

Hour Session £25 (Off Peak Time Between 9am and 5pm)

Group Hour Session for 2 People £45

Group Hour Session for 3 People £60

Group Hour Session for 4 People £75

Package of 10 x 1 Hour Sessions £250 (Peak Time)

Package of 10 x 1 Hour Sessions £220 (Off Peak Time)

(NB: Larger Packages available)

### 'Fight the Flab' Package

This includes:

Initial Consultation

6 Weeks Training

2 X Sessions per week

2 X Health Assessments

1 X Healthy Eating Advice Programme

1 X Expert Training Programme

1 X Motivational Coach

1 X Goal to Reach

The Decision is Yours !!

£300

**Tel: 07857 131919**

**Email: [enquiries@personal-trainer=4-u.co.uk](mailto:enquiries@personal-trainer=4-u.co.uk)**

