

Price List for 2019

PERSONAL TRAINING INITIAL CONSULTATION	£75.00
For more information about what is included in the I.C. go to the Personal Training page	
PERSONAL TRAINING	
Per hour	£40.00
Course of 6 sessions	£220.00
PILATES CLASS 6 WEEK COURSE	
Course no-refundable deposit	£36.00
PILATES ONE-TO-ONE	
Per hour	£40.00
Course of 6 sessions	£220.00
PILATES ONE-TO-TWO	
Per hour	£55.00
Course of 6 sessions	£300.00
PILATES ASSESSMENT	
For those wishing to join an existing class	£40.00
REMEDIAL PILATES	
Per session	£40.00
SPORT MASSAGE THERAPY	
Per session	£45.00
NUTRITIONAL CONSULTATION	
Per assessment	£40.00

Nordic Walking “Tasters” and “Training”

TASTER SESSION / APPROX. 1 HOUR	£5.00
Redeemable against future training	
TRAINING	
Nordic Walking Full Programme (within a group)	£50.00
Nordic Walking one-to-one (per session)	£35.00
Nordic Walking Bespoke Groups	Price on application
NORDIC WALKING WITH THE GROUP	
Pre-paid session card for either 5 or 10 walks are available with bonus walks	£40 & £70 Respectively
HIRE	
Pole Hire	£2.00 per walk
Pay-as-you-go	£12.00 per walk