

Price List for 2024

<u>Personal Training</u>	<i>Initial consultation</i>	£175.00
<i>Please see the 'Personal Training' page on the website 'eastdevonhealthandfitness.co.uk' for services included in the initial consultation, also now included - access to all group Pilates classes free of charge when paying for courses of ongoing training.</i>		
<u>Personal Training</u>	<i>per hour</i>	£52.00
Course of 6 sessions		£282.00
<u>Pilates Class 6-week Course</u>		£72.00
Course non- refundable deposit		£42.00
<u>Pilates one-to-one</u>	<i>per hour</i>	£52.00
Course of 6 sessions		£282.00
<u>Pilates one-to-two</u>	<i>per hour</i>	£65.00
Course of 6 sessions		£366.00
<u>Pilates Assessment</u>	<i>for those wishing to join an existing class</i>	£52.00
<u>Remedial Pilates</u>	<i>per session</i>	£52.00
<u>Nutritional Consultation</u>	<i>per assessment</i>	£150.00
<u>Nordic Walking 'Training'</u>		
<u>Nordic Walking Full Programme (NWFP) ½ day workshop</u>		£50.00
<u>Nordic Walking one-to-one</u>	<i>per hour</i>	£35.00
<u>Nordic Walking Bespoke Groups</u>		<i>Price on application</i>

Nordic Walking with the Group – after completion of the NWFP

Pre-paid 'session card' for either:

6 walks or 12 walks are available

(please ask for price and details)

Pole hire

£2.00 per walk

Pay-as-you-go

£10 per walk

All prices are accurate from February 2024