

Personal Fitness Nutrition Well-being

*Looking
after
you*

Prices

Personal Training

1 x Session	£37
6 x Sessions	£198
12 x Sessions	£372

Massage

Full Body	£35
Back, Neck & Shoulders	£25

Stress Management

3 x 1 Hour Sessions	£75
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Tailored Programme

£ call



REPs

The Register of
Exercise Professionals

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