

**TOTAL TRANSFORMATION PERSONAL TRAINING PACKAGES**

<b>Length of sessions</b>	<b>Price per session</b>	<b>Package 1 – number of sessions 8</b>	<b>Package 2 – number of sessions 16</b>	<b>Package 3 – number of sessions 24</b>
60 minutes	£60.00	£480.00	£960.00	£1,440.00
45 minutes	£50.00	£400.00	£800.00	£1,200.00
30 minutes	£40.00	£320.00	£640.00	£960.00
		Based on 2 training sessions per week		
		Kickboxing and muay thai training are available		
<b>Included</b>		<b>Extra charge</b>		
1-to-1 personal training		£0.00		
Tailored training plan		£0.00		
Before-after pictures		£0.00		
Body fat measurement		£0.00		
Corrective exercises		£0.00		
Nutritional advice		£0.00		
Stretching and mobility work		£0.00		
<b>Optional for extra charge</b>				
Neurokinetic Therapy (Pain management)		£60 per session		
Sports Massage		30min - £40	45min – £50	60min - £60
Running Technique Analysis		1 <sup>st</sup> session - £0	Re-assessment - £15 per session	
Full body postural and movement assessment		1 <sup>st</sup> session - £60	Re-assessment - £45 per session	
Outdoor running session		up to 5k - £40	5k – 10k - £60	10k+ - discuss with Peter
<p>Personalised packages are available.</p> <p>Student discount available.</p> <p>Please, discuss the details with Peter.</p>				