

"FOR CLIENTS WHO HAVE  
SPECIFIC GOALS AND ARE  
SEEKING LONG TERM RESULTS."

## INDIVIDUAL

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Our team of experienced trainers  
will tailor programmes to suit  
your individual fitness needs.

\$140 - SINGLE TRIAL SESSION

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10 SESSIONS

\$135 PER SESSION OVER TWO  
MONTHS

20 SESSIONS

\$120 PER SESSION OVER THREE  
MONTHS

30 SESSIONS

\$100 PER SESSION OVER FOUR  
MONTHS

MINIMUM 10 SESSIONS

\$150 PER SESSION COUPLE  
TRAINING OVER TWO MONTHS

