



Personal Training Rates Comparison Guide

	Non-members	Members
One off PT Session	£75	£65
Block of 10 PTs *	£600 block £60/session	£500 block £50/session
Block of 25 PTs *	£1200 block £48/session	£1000 block £40/session
Small Group Training (2-4 people)	£80 – 2 people £100 – 3 people £120 – 4 people	£80 – 2 people £100 – 3 people £120 – 4 people

Block of 10 PTs – Valid for 3 months from the date of purchase

Block of 25 PTs – Valid for 6 months from the date of purchase

* The blocks can be shared between joint members but the PT session would be for 1:1s only.
If couples would like to train together, they would need to book Small Group Training