

Joe Bloggs | Personal Trainer

Plans Overview

PLAN NAME	DURATION	COST
SOFA TO SUCCESS	12 weeks (2 x 1 hour sessions per week)	£280
QUICK RETURN	6 weeks (2 x 1 hour sessions per week)	£150
NEXT LEVEL INTENSE	4 weeks (3 x 1.5 hour sessions per week)	£200
NEXT LEVEL	6 weeks (2 x 1.5 hour sessions per week)	£220
PRE-EVENT TRAINING	12 weeks* (Personalised to you and your event)	£20 per session (1 hour)
HEALTHY WEIGHT GOALS	10 weeks* (1 x 1 hour session per week plus weekly meal plans)	£10 per session
MOTIVATIONAL BOMB	1 Session	£15**

All plans are open to change to fit you and your life.

By working as a team we can achieve all your fitness goals

Beginner Level Plans

Sofa to Success

Never trained to a plan? Ease yourself into a fitness routine, with thorough warm-ups and cool-down and focused on fun. Twelve week package of two weekly sessions only £280.

Quick Return

Getting back into fitness after time off, illness or injury? Ease yourself back into a fitness routine, with thorough warm-ups and cool-down and focused on fun. Six week package of two hour long sessions per week, only £150.

Next level Plans

Next level Intense

Take it to the next level, with body sculpting, muscle building and high intensity workouts. A four week plan of three 1.5 hour sessions from £200. Feel the Burn!

Next level

Fairly fit already? Take it to the next level but less intense, with body sculpting, muscle building and high intensity workouts. A six week plan of two 1.5 hour sessions from £220.

Other plans

Pre-Event Training

Get ready for the big event with a weekly training, stretching and meal plan to ensure you're at your best on the big day, £20 for 1 hour session - recommended 12 weeks*.

Healthy Weight Goals

Want to loose a few pounds in a healthy balanced way? Group sessions, meal plans and fitness plans to get to a healthier you. A 10 week* program including meal plans and a 1 hour weekly session from only £10 per week.

Motivational Bomb

Just want someone to ignite a fire. Want a spotter, a gym buddy or a motivator? Hit me up for a training session to get you pumped, engaged and back on your own plan. Sessions £15 per hour**.

* Recommended minimal number of sessions.

**Previous or current clients only, short notice welcome subject to availability.