

Personal Training Packages

1. Foundations Package

A medium/slow pace training programme, ideally for beginners and for those coming back into training.

- 6 weeks of gradual exercise programme
- 2 x sessions per week (add more if you want)
- Ongoing nutritional advice
- Complementary stretching session
- Mainly indoors

2. Weight Loss Package

A progressive programme design to re-educate eating habits. The programme offers both intensive and gradual training depending on the client needs and body functionality.

- **Intensive:**
 - 4 weeks intensive programme
 - 3 x PT per week
 - Ongoing nutritional advice
 - Complementary stretching session
 - Mainly indoors
- **Gradual**
 - 12 weeks gradual training
 - 1 x PT per week
 - Ongoing nutritional advice
 - Complementary stretching session
 - Mainly indoors

3. Strength and muscle building

This twelve weeks programme is ideal for those with an athletic mindset and determination, so they can enjoy a fit and healthy body.

- 1-2 x PT per week
- Ongoing nutritional advice
- Programme revision and goal re-setting
- Complementary stretching session
- Mainly indoors

4. Sports event preparation

This 4 weeks programme is designed to meet individual sports performance goals. You will be taken to the next level in your fitness for your individual sport. Training could also involve skill drills.

- 3 x PT per week
- Ongoing nutritional advice
- Programme revision and goal re-setting
- Complementary stretching session
- Involve indoors and outdoors training

Locations:

- The king's Club Wimbledon
Woodhayes Road
Wimbledon Common
SW19 4RJ
- Outdoors or at your home

Prices:

£45 pounds x session

12 weeks x £540