

| | Code | Price | |
|---|---------------|---------|-----------|
| Gym Training | | | |
| Gym Training 1 Session | GT1 | £39.95 | |
| Gym Training 3 Sessions | GT3 | £109.85 | save £10 |
| Gym Training 5 Sessions | GT5 | £169.75 | save £30 |
| Gym Training 10 Sessions | GT10 | £299.00 | save £100 |
| PT Intro Gym Session | PTIG | £19.95 | |
| Outdoor Training | | | |
| Outdoor Training 1 Session | OT1 | £34.95 | |
| Outdoor Training 3 Sessions | OT3 | £99.85 | save £10 |
| Outdoor Training 5 Sessions | OT5 | £144.75 | save £30 |
| Outdoor Training 10 Sessions | OT10 | £249.50 | save £100 |
| PT Intro Outdoor Session | PTIO | £14.95 | |
| Assessments | | | |
| Body Analysis | BA1 | £29.95 | |
| Body Analysis Before & After | BA2 | £49.90 | save £10 |
| Nutrition Analysis | NA1 | £49.95 | |
| Fitness Test | FT1 | £29.95 | |
| Gym Training Packages | | | |
| 10 Gym PT + 2 Body Analyses + Nutrition Analysis + Fitness Test | GT10BA2NA1FT1 | £409.95 | save £130 |
| 10 Gym PT + 2 Body Analyses + Nutrition Analysis | GT10A2NA1 | £379.95 | save £130 |
| 10 Gym PT + 2 Body Analyses + Fitness Test | GT10BASFT1 | £359.95 | save £130 |
| 10 Gym PT + 2 Body Analyses | GT10BA2 | £329.95 | save £130 |
| 10 Gym PT + Body Analysis + Nutrition Analysis + Fitness Test | GT10BA1NA1FT1 | £389.95 | save £120 |
| 10 Gym PT + Body Analysis + Nutrition Analysis | GT10BA1NA1 | £359.95 | save £120 |
| 10 Gym PT + Nutrition Analysis + Fitness Test | GT10NA1FT1 | £359.95 | save £120 |
| 10 Gym PT + Body Analysis + Fitness Test | GT10BA1FT1 | £339.95 | save £120 |
| 10 Gym PT + Nutrition Analysis | GT10NA1 | £329.95 | save £120 |
| 10 Gym PT + Body Analysis | GT10BA1 | £309.95 | save £120 |
| 10 Gym PT + Fitness Test | GT10FT1 | £309.95 | save £120 |
| 5 Gym PT + Body Analysis + Nutrition Analysis + Fitness Test | GT5BA1NA1FT1 | £264.95 | save £45 |
| 5 Gym PT + Body Analysis + Nutrition Analysis | GT5BA1NA1 | £234.95 | save £45 |
| 5 Gym PT + Nutrition Analysis + Fitness Test | GT5NA1FT1 | £234.95 | save £45 |
| 5 Gym PT + Body Analysis + Fitness Test | GT5BA1FT1 | £214.95 | save £45 |
| 5 Gym PT + Nutrition Analysis | GT5NA1 | £204.95 | save £45 |
| 5 Gym PT + Body Analysis | GT5BA1 | £184.95 | save £45 |
| 5 Gym PT + Fitness Test | GT5FT1 | £184.95 | save £45 |
| 3 Gym PT + Body Analysis + Nutrition Analysis + Fitness Test | GT3BA1NA1FT1 | £209.95 | save £20 |
| 3 Gym PT + Body Analysis + Nutrition Analysis | GT3BA1NA1 | £179.95 | save £20 |
| 3 Gym PT + Nutrition Analysis + Fitness Test | GT3NA1FT1 | £179.95 | save £20 |
| 3 Gym PT + Body Analysis + Fitness Test | GT3BA1FT1 | £159.95 | save £20 |
| 3 Gym PT + Nutrition Analysis | GT3NA1 | £149.95 | save £20 |
| 3 Gym PT + Body Analysis | GT3BA1 | £129.95 | save £20 |
| 3 Gym PT + Fitness Test | GT3FT1 | £129.95 | save £20 |

| | Code | Price | |
|---|---------------|---------|-----------|
| Outdoor Training Packages | | | |
| 10 Outdoor PT + 2 Body Analyses + Nutrition + Fitness Test | OT10BA2NA1FT1 | £359.95 | save £130 |
| 10 Outdoor PT + 2 Body Analyses + Nutrition Analysis | OT10BA2NA1 | £329.95 | save £130 |
| 10 Outdoor PT + 2 Body Analyses + Fitness Test | OT10BA2FT1 | £309.95 | save £130 |
| 10 Outdoor PT + 2 Body Analyses | OT10BA2 | £279.95 | save £130 |
| 10 Outdoor PT + Body Analysis + Nutrition Analysis + Fitness Test | OT10BA1NA1FT1 | £339.95 | save £120 |
| 10 Outdoor PT + Body Analysis + Nutrition Analysis | OT10BA1NA1 | £309.95 | save £120 |
| 10 Outdoor PT + Nutrition Analysis + Fitness Test | OT10NA1FT1 | £309.95 | save £120 |
| 10 Outdoor PT + Body Analysis + Fitness Test | OT10BA1FT1 | £289.95 | save £120 |
| 10 Outdoor PT + Nutrition Analysis | OT10NA1 | £279.95 | save £120 |
| 10 Outdoor PT + Body Analysis | OT10BA1 | £259.95 | save £120 |
| 10 Outdoor PT + Fitness Test | OT10FT1 | £259.95 | save £120 |
| | | | |
| 5 Outdoor PT + Body Analysis + Nutrition Analysis + Fitness Test | OT5BA1NA1FT1 | £239.95 | save £45 |
| 5 Outdoor PT + Body Analysis + Nutrition Analysis | OT5BA1NA1 | £209.95 | save £45 |
| 5 Outdoor PT + Nutrition Analysis + Fitness Test | OT5NA1FT1 | £209.95 | save £45 |
| 5 Outdoor PT + Body Analysis + Fitness Test | OT5BA1FT1 | £189.95 | save £45 |
| 5 Outdoor PT + Nutrition Analysis | OT5NA1 | £179.95 | save £45 |
| 5 Outdoor PT + Body Analysis | OT5BA1 | £159.95 | save £45 |
| 5 Outdoor PT + Fitness Test | OT5FT1 | £159.95 | save £45 |
| | | | |
| 3 Outdoor PT + Body Analysis + Nutrition Analysis + Fitness Test | OT3BA1NA1FT1 | £199.95 | save £15 |
| 3 Outdoor PT + Body Analysis + Nutrition Analysis | OT3BA1NA1 | £169.95 | save £15 |
| 3 Outdoor PT + Nutrition Analysis + Fitness Test | OT3NA1FT1 | £169.95 | save £15 |
| 3 Outdoor PT + Body Analysis + Fitness Test | OT3BA1FT1 | £149.95 | save £15 |
| 3 Outdoor PT + Nutrition Analysis | OT3NA1 | £139.95 | save £15 |
| 3 Outdoor PT + Body Analysis | OT3BA1 | £119.95 | save £15 |
| 3 Outdoor PT + Fitness Test | OT3FT1 | £119.95 | save £15 |
| | | | |
| Assessment Packages | | | |
| 2 Body Analyses + Nutrition Analysis + Fitness Test | BA2NA1FT1 | £119.95 | save £20 |
| 2 Body Analyses + Nutrition Analysis | BA2NA1 | £94.95 | save £15 |
| 2 Body Analyses + Fitness Test | BA2FT1 | £74.95 | save £15 |
| Body Analysis + Nutrition Analysis + Fitness Test | BA1NA1FT1 | £99.95 | save £10 |
| Body Analysis + Nutrition Analysis | BA1NA1 | £74.95 | save £5 |
| Nutrition Analysis + Fitness Test | NA1FT1 | £74.95 | save £5 |
| Body Analysis + Fitness Test | BA1FT1 | £54.95 | save £5 |