



Personal Training & Small Group Pricing

Package	What is included?	Price
Ad hoc	One off 60 minute 1:1 session to refocus, reassess or start you on your journey. Includes initial consultation and movement analysis.	£65
Bronze	6 x 1:1 55 minute sessions. Progressive strength and conditioning. Includes initial consultation and movement analysis. <i>*Available remotely</i>	£210
Silver	12 x 1:1 55 minute sessions (ideally two sessions per week) + weekly goal setting. Includes initial consultation and movement analysis. <i>* Available remotely</i>	£360
Gold *available only after a Bronze or Silver purchase	Continue your journey after a Bronze or Silver package. 1 session every 4 weeks + follow at home strength utilising the equipment available to you. Weekly online check in with questions and support. <i>*Also available as a remote session.</i>	£40 (per 4 weeks)
Beachfit Customers	27% OFF BRONZE package Available to 'Beachfitters' who have also purchased a block term booking. <i>* Available remotely</i>	£165
1:1 with a friend	Please contact me for pricing for personal training with a friend/partner/family member.	
Small Group Strength Training	Progressive group strength and conditioning training sessions at a location of your preference. Max 4 people.	£40 per group (for larger groups please contact me for price)
Bespoke	Going on holiday, working away? I can provide affordable follow along fitness for you, so that you can be more focussed, accountable and empowered.	P.O.A



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Further Information

All sessions can take place in person or remotely.

Location can be at your home or a mutually agreed location.

Extra charge applicable for locations outside Hayle, St Erth, Connor Downs, Lelant.

All equipment will be provided or we can use the equipment that you already have.

All sessions will last 55 minutes.

These sessions will involve goal setting and forward planning.

Cancelled lesson within 24 hours of session – full charge

What do you need to bring/wear to your sessions?

You should wear clothes suitable for working out in. So, either breathable shorts, leggings, or tracksuit, a light top (preferably that will draw sweat away from the body), a sports bra if required and comfortable trainers.

Please ensure that if the session is outside you have appropriate clothing for the weather (including waterproofs and gloves in the colder months).

Water and a towel.

An exercise matt if you have one.

All other equipment will be provided.