



PRICE LIST

PERSONAL TRAINING

SERVICE	CLIENTS	DURATION	INCLUDES	COST
x1 session	x1 or more	60 mins		£45.00
x10 sessions	x1 or more	60 mins each 30 mins	Free dynaband each Free prior consultation	£450.00 *

OUTDOOR / STUDIO GROUP WORKOUTS

COMING SOON!!

SERVICE	CLIENTS	DURATION	INCLUDES	COST
x1 class	-	60 mins		£ 5.00
x10 classes	-	60 mins		£50.00*

OTHER SERVICES

SERVICE	CLIENTS	DURATION	INCLUDES	COST
Health and Fitness Analysis	x1	30 mins	Nutritional Advice Body Fat % Blood pressure Exercise Advice Body Mass Index Basal Metabolic Rate Hip/Waist Ratio Printed List of Analysis Results	£20.00

*** MULTIPLE BOOKING OFFER**

'Genesis Fitness'...

... as unique as you are