

# **OUTDOOR SESSIONS**

**\*\*\*All sessions are 1 hour including warm up and cool down\*\*\***

1-1 training specifically designed to suit your health and fitness needs

Minimum of 4 sessions required for booking £140

**\*\*\*Discount of 15% for block booking of 6 sessions\*\*\***

**\*\*\*Discount of 20% for block booking 8 sessions\*\*\***

Free Goal setting and Goal review session included



***DONT MISS OUT!!!***

***GET BOOKED ON TODAY***