

# personal training



Training with our fun and experienced Personal Trainers is a fantastic way to kick start your programme, achieve your goals, rehabilitate injuries and train for specific events.

Each of our trainers will give you one to one attention and take you through the very latest in techniques and exercises and can give you a programme to work on between sessions. We have experts in lean muscle growth, fat loss, rehabilitations and sports specific fitness, all of whom will help to motivate you and show you how to perform exercises correctly and to achieve maximum benefit.

	SINGLE SESSION		10 SESSIONS**	
	MEMBER	NON MEMBER	MEMBER	NON MEMBER
STANDARD 45 minutes - 1 hour	£37.50	£42.50	£337.50	£382.50
EXPRESS PT 30 minute session*	£22.50	£25.00	£202.50	£225.00
DUO PT 1 hour for 2 people***	£55.00	£60.00	£495.00	£540.00

\*As the session is just 30 minutes, you will be responsible for your own arm up and warm down.

\*\* Sessions must be purchased prior to booking.

\*\*\* This is for 2 people who must be of similar fitness and abilities, looking to achieve similar goals.



ALL SAINTS  
HOTEL, GOLF & SPA

To book your personal training session(s) please  
call The Health Hub on 01284 706 777 ext. 5

healthhub@allsaintshotel.com  
www.allsaintshotel.com