

IN HOUSE PERSONAL TRAINING RATES

TRAINING OPTIONS

30 Mins Package	1-2-1	Group (Up to 3 clients)
1 Session	£20	£30
5 Sessions	£90	£135
10 Sessions	£150	£225

60 Mins Package	1-2-1	Group (Up to 3 clients)
1 Session	£40	£60
5 Sessions	£180	£270
10 Sessions	£300	£450

ADDITIONAL SERVICES

Personalised Exercise Programme (60 minutes)

£20

Your trainer will assess your body's capabilities to ensure that the best programme is suited to your needs to get you the results you are looking for.

Body Health Assessment

£20

- Blood Pressure and Resting Heart Rate
- Blood Glucose and Cholesterol Levels
- Body Weight
- BMI
- Segmental Muscle and Body Fat
- Body Fat Percentage and Total Mass
- Muscle Mass Percentage and Total Mass
- Total, Intra and Extra Cellular Hydration Levels
- Skeletal and Abdominal Cavity Analysis
- Metabolic Efficiency
- Metabolic Age
- Cellular Performance
- Advice and tips on Nutrition and Wellbeing

When starting a new exercise programme, it is advised you get a body health assessment first so you have a starting point which gives you focus to achieve what you set out to achieve!

Check out our In-House Personal Trainer profiles and select your preferred trainer for a FREE Consultation today, email fitness@rbhealthclub.co.uk or call 01932 560 560.