

PERSONAL TRAINING OPTIONS

SINGLE SESSION

1 Personal Training Session (55 min each)
€45

STARTER PACKAGE

Fitness Assessment
5 Personal Training Sessions + 1 Complimentary (55 min each)
1 Complimentary Group Fitness Class
€225

PERFORMANCE PACKAGE

Fitness Assessment
10 Personal Training Sessions + 2 Complimentary (55 min each)
1 Complimentary Group Fitness Class
€450

TRANSFORMATION PACKAGE (12-WEEK PROGRAM)

Wellness Consultation
24 Personal Training Sessions (55 min each)
12 Complimentary Group Fitness Classes
2 Dietary Programing Sessions
Access to the Elite Gym
€1,080