

PERSONAL TRAINING PRICES 2017

Personal Training

1 session for £35

6 sessions for £180

10 sessions for £300

30 minutes' session for £20

Student Discount

1 session for £25

4 sessions for £80

Group Discount

2 people for £20 each

4+ people for £10 each

TRANSFORMATION PACKAGE

£400

- ✓ 12 weeks
- ✓ 30 minutes' consultation to set personal goals
- ✓ 1 personal training session per week
- ✓ 1 nutrition plan
- ✓ 1 training program
- ✓ Health assessment before and after including, Progress pictures, measurements, body fat reading, BMI and weigh-ins
- ✓ **TOTAL SAVINGS: £75**

Additional Services

Health assessment (body fat, BMI, weight, measurements) for £5

1 hour Skype consultation for £30

Nutrition plan for £25

Training plan for £25

Nutrition & Training plan for £45

Please enquire regarding online coaching and boot-camps

ELITE TRANSFORMATION PACKAGE

£1000

- ✓ 12 weeks
- ✓ 30 minutes' consultation to set personal goals
- ✓ Weekly consultations via email
- ✓ 3 personal training sessions per week
- ✓ 3 nutrition plans – adjustments made every 4 weeks
- ✓ 3 training programs – adjustments made every 4 weeks
- ✓ Fitness testing before and after including stamina and strength assessment
- ✓ Health assessment before and after including, Progress pictures, measurements, body fat reading, BMI and weigh-ins
- ✓ **TOTAL SAVINGS: £415**

*Any PT sessions outside of the gym will be +£5 for every 10 miles I drive outside of Bournemouth

Jack Eyers

jeypersonaltrainer@gmail.com

07966844114

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