

ASHFORD INTERNATIONAL HEALTH CLUB

PERSONAL TRAINING PACKAGES

GOLD PT

The ultimate Transformation

12 x Personal Training sessions

- Assigned a No 1 Fitness Coach
- 1 hour coaching session *
- Structured routine and habits
- Personalised training program
- Weekly tracking of progress
- Nutritional guidance
- Complimentary access to 2 classes
- Goal setting and feed back

**12 sessions can be spread over 36 weeks depending on your fitness goal.*

£420

SILVER PT

Boost your Fitness

6 x Personal Training sessions

- Assigned a No 1 Fitness Coach
- 1 hour coaching session *
- Personalised training program
- Weekly tracking of progress
- Nutritional guidance
- Goal setting and feed back

**6 sessions can be spread over 6 weeks depending on your fitness goal.*

£240

BRONZE PT

Start Strong

2 x Personal Training sessions

- Assigned a No 1 Fitness Coach
- 1 hour coaching session *
- Nutritional guidance
- Goal setting and feed back

**2 sessions can be done in 1 week or spread over 2 weeks.*

£85