



3 INDUCTION OFFERS

- **Welcome Starter**

This 40-minute induction to the gym equipment costs £26.95.

- **Want Results**

A 1 hour individual consultation and induction to the gym. We will discuss your long and short-term goals, whether they are for weight loss, general fitness, preparation for a specific sporting event etc. Following this conversation, we will design a programme card, setting realistic goals to meet your specific needs. This service costs £39.95

- **Realise Your Potential**

A 1 hour individual consultation and induction into the gym. We will discuss your long and short-term goals. Following the conversation we will design a programme card setting realistic targets to meet your specific needs, whether for weight loss, general fitness, preparation for a specific sporting event etc. We will then meet a further 2 time for 1 hour where we will reassess your current training plan and progress further. This service costs £59.95