

# MOBILE TRAINER UK

## PRICES

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### ANNUAL MEMBERSHIP

£100 per annum, per person

Includes:

- **Weekly workouts added to your Personal Training sessions via the app.**
  - **Manage My Family** ( more than 1 account )
  - **Personalised scheduling**
  - **Progress Tracking**
  - **Refer a friend**
  - **Members Perks**
  - **Auto Video for \*Virtual Workouts**  
\*extra fees apply
  - **Online Challenges**  
\*extra fees apply
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### PERSONAL TRAINING PRICES

All our sessions are 45 mins in duration.

#### Block Booking PT

Block of 10 sessions  
**£750**

Block of 20 sessions  
**£1470**

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### RECURRING MONTHLY PT

Subscriptions based on weekly sessions at **£69.50 per session**.

Three month minimum contract with a rolling monthly contract. One month written notice for subscription cancellation.

1 x per week  
**£278 per month**

2 x per week  
**£556 per month**

3 x per week  
**£834 per month**

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### 24/7 PT VIRTUAL WORKOUTS

Block of 10 x 30 min sessions  
**£500**

**We operate on a strict 24 hour cancellation policy. Full payment applies. ALL training sessions will start and finish at times specified.**

## HEALTH PLAN PRICES

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### 6 WEEK BODY PLAN

- 4 sessions per week
- 24 PT sessions
- Diet plan

**£1797**

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### MENOPAUSE CYCLE

#### 12 Week Program

- 2 times a week Strength - **24 PT Sessions**
- Digital Workout For Homework
- Wellness Coaching once a month - **3 sessions**
- Nutritionist once a month - **3 sessions**

**£2697**

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### 6 MONTH LIFE CHANGE PROGRAM

#### 12 Week Program

- Physiotherapy every 2 months - **3 sessions**
- Once A week Strength - **24 PT sessions**
- Nutritionist once per month - **6 sessions**

**£2997**

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### ONLINE PROGRAM

#### 12 week Weight Loss prescription program

- Full digital program and diet that changes every month for 3 months.
- Monthly calls with a medical professional
- Monjaro delivered within a 1.5mile radius or via special delivery. \*

**£397 Per Month (minimum 3 months)**

\*delivery is charged extra based on location

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