



# Price List Autumn/Winter 2011

**\*\* One free 1 hour session for any referrals resulting in a booking of 6 sessions \*\***

**\*\* 10% Discount Loyalty Cards now in operation \*\***

Personal Training			
Service	Cost	Duration	What you get
Initial Consultation	FREE	60 mins	The opportunity to meet, discuss goals and aspirations and undertake a free health and fitness screening, including (where relevant to your goals): <ul style="list-style-type: none"> <li>• 'body composition' tests (BMI, Body Fat %age etc)</li> <li>• static postural and flexibility analysis</li> <li>• BP and HR tests</li> </ul>
1:1 Personal Training	Prices start at £17.50/hr for sessions 9am-5pm £30/hr at other times	These prices are based on a minimum of six one-hour sessions over a maximum of six months	A bespoke fitness programme designed to ensure you achieve your goal, including, where applicable: <ul style="list-style-type: none"> <li>• Indoor or outdoor activities</li> <li>• Weight management advice</li> <li>• Nutritional guidance</li> <li>• Rehabilitation or Corrective Exercise</li> <li>• Full email and text support for the duration of the programme, with 'homework' as necessary</li> </ul>
PT in Pairs / Small Groups up to 4	Prices start at £30/hr for sessions 9am-5pm £40/hr at other times		
Exercise (GP) Referral	Please call to discuss		A bespoke programme that takes into consideration specific medical conditions including: obesity; hypertension; diabetes; osteoporosis & arthritis.
Sports Specific Training	Please call to discuss		A training programme aimed specifically at your sport or event.
Group Activities & Classes			
Wickwar Circuit Training	£5.00 for single sessions £4.00 for students Up to 20% discount for block bookings		A one hour session held every Thursday at 7:30pm at Alexander Hosea School.
Wickwar Running Club - For complete beginners and those seeking to improve and have fun!	£2 per session		30-45min sessions on Wickwar Playing Fields. Meet Mondays 9:30am and 7:00pm and Fridays 9:30am: whatever the weather!
Nordic Walking, Guided Hill Walking, Mountain Bike and Orienteering Sessions (Cotswolds / Brecons / Mendips)			Should you have an interest in any of these, I would be delighted to discuss further.
Payment Terms and Conditions			
Payments by cash, cheque or bank transfer are acceptable and payable in advance.			
<b>Please Note: I am a REPs Level 3 Personal Trainer, Level 2 Gym Instructor and qualified in Exercise (GP) Referral; have full Civil Liability and Professional Indemnity insurance cover and CRB Clearance</b>			

**See overleaf for details of Running Club and Circuit Training Sessions and Prices. . . .**



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## WICKWAR RUNNING CLUB

Wickwar Running Club caters for complete beginners as well as those seeking to improve their running fitness. Monday and Friday sessions include a series of warm up and cool down stretch exercises within a 30-45min session on Wickwar Playing Fields and the surrounding footpaths and roads. We meet in all weather!

MONDAYS : 9:30am and 7pm from Wickwar Playing Fields (Evening sessions will start from the Village Hall from 2nd October )	<b>Regulars</b>	£2:00 per session (10% Discount with Loyalty Card) OR Block Book until end of year = 16 Mondays for £25 saving £7!
WEDNESDAYS and WEEKENDS: Longer sessions (1 hour plus) for those training for half marathons etc. Normally 9:00am from Village Hall – please call to confirm!	<b>'Advanced' Runners</b>	£3:00 per session (10% Discount with Loyalty Card) OR Block Book until end of year = 17 Sessions for £25 save £9!
FRIDAYS: 9:30am from the Playing Fields (Followed by tea and cake on the first Friday of every month!)	<b>Regulars</b>	£2:00 per session (10% Discount with Loyalty Card) OR Block Book until end of year = 17 Fridays for £25 saving £9!
MONDAYS and FRIDAYS: 9:00am from Wickwar Playing Fields	<b>BEGINNERS</b>	£2:00 per session (10% Discount with Loyalty Card) OR Block Book until end of year = 17 Sessions for £25 saving £9!

***Loyalty Cards are not valid for use with block booking offers.***

***Further discounts are available for those wishing to attend more than one running session a week, or combine running with circuit training, or for additional family members. Please ask for details!***

## CIRCUIT TRAINING – ALEXANDER HOSEA SCHOOL COMMUNITY ROOMS

A one hour session held every Thursday at 7:30pm at Alexander Hosea School. All exercises adapted for mixed abilities.

Single Sessions	£5.00 for adults £4.00 for students (Min age limit 13)
Block Bookings	8 sessions up to School October Half Term - £35, saving £5.00 8 Sessions from Half Term until Christmas - £35, saving £5.00 Or all 16 sessions for £65 – saving £15