

Training Sessions



Brand:
Availability: In Stock

Price: £25.00

Short Description

This is a one hour personal training session.

Description

You will need to do an initial consultation before taking up personal training. You can book this before paying for any training sessions.

This initial consultation covers the standard health and medical questionnaire "PAR-Q"

We discuss your goals and reasons for taking training and clarify what is expected of both the trainer and trainee.

Look at any barriers you may have that prevents you from training and look at where you would like to do your training.

Choose add to cart and continue through the order. You will not be asked to pay and we will then contact you to arrange your consultation.

