

The product in detail...

January and February offer: Sign up to 3 months in advance and get a 20% discount

No tie into contract, simply pay for a month at a time in advance and receive the services that month

Bronze	Silver	Gold
For those wanting to start out with online personal training this will help you meet your goals	For those wanting more variety on their exercise plans and a little bit more support	For those who want to make a committed lifestyle change and would like extra support
<ul style="list-style-type: none"> • Free initial meeting via Skype with personal trainer • Free initial session with Community Wellness Services staff member to go through exercises • Twice monthly new exercise plans that can be done at home or in gym tailored to you as an individual • Email support • Nutrition advice • Weekly emails to keep you on track • Feedback on exercise form via video when required 	<ul style="list-style-type: none"> • Free initial meeting via Skype with personal trainer • Free initial session with Community Wellness Services staff member to go through exercises • Once weekly new exercise plans that can be done at home or in gym tailored to you as an individual • Email support • Nutrition advice • Weekly emails to keep you on track • Feedback on exercise form via video when required • Once a month Skype contact to discuss the programme 	<ul style="list-style-type: none"> • Free initial meeting via Skype or in person with personal trainer • Free initial session with Community Wellness Services staff member to go through exercises • Once weekly new exercise plans that can be done at home or in gym tailored to you as an individual • Once weekly activity challenge to keep your motivation going • Email support • Member's private WhatsApp and Facebook group • Nutrition advice • Weekly emails to keep you on track • Feedback on exercise form via video when required • Twice a month Skype contact to discuss the programme
£40/month	£85/month	£120/month