

# PERSONAL TRAINING PRICES

## LEISURE MEMBERS

### Option 1

*1 x 60 min PT session per week (includes tailored programme with nutritional guidance)*

*£50 per session  
£200 a month*

### Option 2

*2 x 60 min PT sessions per week (includes tailored programme with nutritional guidance)*

*£40 per session  
£320 a month*

### Option 3

*3 x 60 min PT sessions per week (includes tailored programme with nutritional guidance)*

*£35 per session  
£420 a month*

## RESIDENTIAL & SPA DAY GUESTS

*60 min PT session*

*£60 per session*

Please contact our in-house Personal Trainer directly for more details - [CNicholls@elitehotels.co.uk](mailto:CNicholls@elitehotels.co.uk)