

## Pricing

One to One Assessment and Training € 55

Assessment includes BMI (Height & Weight Ratio), Body Fat, Measurements and Flexibility.  
Training Session: Cardio and Toning for 20-30 min each. Suitable program design for the individual based on outcome of session.

Nutritional Analysis € 55

Food Diary and Questionnaire  
Food Groups and Portion Sizes explained  
Free Booklet included

Assessment and Nutritional Analysis € 100

One off Training Session € 50

Group of 7 Training Sessions including a full assessment session € 350

Group of 12 Training Sessions including a full assessment session € 500

Buddy Session (2 people) € 70

Trio Session (3 people) € 90