



Get in shape with Personal Training

Single Session £30.00

5 Sessions £140.00 or

£45.00 for 2 persons (max) per session

£190.00 for 2 persons for 5 sessions

Whatever your fitness / health objective, we will create a programme tailored specifically to achieve your goals and get you fit and healthy. Our team has a wealth of experience and expertise.

Our focus is to provide the best advice, support, motivation, inspiration and encouragement ensuring that you get the very best from each session, whether you require help with cardiovascular, conditioning, nutrition or psychology.

Please contact the Cash Desk for more information on 0131 621 8303

31/7/15