



**thinkfitness**  
more gym • less cost **4/less**

# PERSONAL TRAINING PACKAGES

THINK FITNESS 4 LESS

# PERSONAL TRAINING

PACKAGES

Join a long list of members and users who have achieved life changing results through the expert help, guidance and encouragement of our personal training team.

Whatever your goal, we'll be with you every step of the way.





## **BASIC PACKAGES**

### **ONE ON ONE**

Personal Training for 1 (60 mins)

**SINGLE SESSION | £30**

### **PT OFFER**

Maltron / Tanita Body Composition Assessment, PT Consultation, Training Programme & 12 x 60 min Training Sessions

**12 SESSIONS FOR THE PRICE OF 10 | £300**

### **STARTER PACK**

Maltron / Tanita Body Composition Assessment & PT Consultation & 3 x 60 min Training Sessions

**3 SESSIONS | £90**

### **JOINT**

Personal Training for 2 (60 mins)

**5 SESSIONS | £200**

**SINGLE SESSION | £45**

### **SMALL GROUPS**

Personal Training for 3 (60 mins)

**5 SESSIONS | £270**

**SINGLE SESSION | £60**

Personal Training for 4 (60 mins)

**5 SESSIONS | £300**

**SINGLE SESSION | £70**

## SPECIFIC PACKAGES

### THE TRAIL - PRIVATE SPIN SESSION

PT led journey taking you up hills to increase strength and stamina with faster sections built in to improve cardio-vascular performance

45 MINS | £30

### THE TRAIL - PARTNER PRIVATE SPIN SESSION

Train with a friend - PT led journey taking you up hills to increase strength and stamina with faster sections built in to improve cardio-vascular performance

45 MINS | £45

### THE FIGHTER

PT led cardio based combat / boxing session concentrating on punching techniques and complimentary exercises to deliver a knockout workout

60 MINS | £35

PARTNER SESSION | £50

### READY FOR BATTLE

PT led high intensity, all over body battle rope workout - transform your body, sculpt muscles and unleash your inner warrior

45 MINS | £30





## **THE LIFT**

PT led session concentrated on compound lifts such as squat, deadlift and bench press whilst perfecting technique

90 MINS | **£40**

PARTNER SESSION | **£60**

## **FOCUSED MUSCLE GROUP WORKSHOPS**

A series of PT led workshops focusing on exercises for specific muscle groups, training principles and technique (60 mins per workshop)

Choose from:

CHEST

BACK

SHOULDERS

ARMS

LEGS

SINGLE WORKSHOP | **£35**

ALL 5 WORKSHOPS | **£150**

## **SUSPENSION TRAINING**

PT led functional session incorporating TRX and KO8 ropes, building stability, strength and stamina - sessions can be tailored for rehabilitation

60 MINS | **£35**

## **KETTLEBELL TRAINING**

PT led functional fitness session designed to simultaneously sculpt your body and shred fat

45-60 MINS | **£30**

PARTNER SESSION | **£45**

## **THE CORE PRINCIPALS**

PT led session focused on improving core strength whilst defining your abs and obliques

45 MINS | **£30**

PARTNER SESSION | **£45**

## **ACTIVE RECOVERY SESSION**

PT led recovery session designed to aid recovery from long distance running, endurance events or high exertion, with assisted stretching and nutritional advice

45 MINS | **£30**

Other specialised sessions available - contact us to find out more

## **ADDITIONAL SERVICES**

### **MALTRON BODY COMPOSITION ASSESSMENT**

High precision non-invasive analysis of body fat, hydration levels and lean mass

### **TANITA BODY COMPOSITION ASSESSMENT**

High accuracy measurement of weight, body fat and muscle mass, as well as visceral fat

### **FITNESS TESTING**

A range of fitness tests available to benchmark progression

### **PERSONAL TRAINING PROGRAMME**

Specifically tailored workout plan designed for you to reach your true training potential

### **NUTRITION PROGRAMME**

Nutritional advice and tailored eating plans are available

Contact us for additional info and pricing





FOR MORE INFO OR TO BOOK CALL 01450 379289, EMAIL [INFO@THINK-FITNESS.CO.UK](mailto:INFO@THINK-FITNESS.CO.UK)  
OR VISIT US AT 3 O'CONNELL STREET, HAWICK, TD9 9HT

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