

# Personal Packages

**LET US HELP YOU TO ACHIEVE YOUR GOALS!**

To book a session, speak to a member of the Health Hub team

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**HEALTH  
HUB**

## PERSONAL TRAINING

- 1 SESSION £35
- 5 SESSIONS £162.50
- 10 SESSIONS £300

## SMALL GROUP PERSONAL TRAINING (up to 3 people) & YOGA PRIVATE SESSIONS (Up to 8 people)

- 1 SESSION £40
- 5 SESSIONS £187.50
- 10 SESSIONS £350

## PERSONAL NUTRITION PROGRAMME

- 1 SESSION £20
- 5 SESSIONS £87.50
- 10 SESSIONS £150

## PERSONAL TRAINING & NUTRITION PROGRAMME

- 1 SESSION £50
- 5 SESSIONS £225
- 10 SESSIONS £400

## BENEFITS OF PERSONAL TRAINING

- Motivation
- Develop a routine
- Solid & consistent support
- Varied workouts
- Correct technique
- Injury prevention
- Goal specific training
- Structured sessions

**NEW YOU PROGRAMME – 6 WEEK COURSE – MEMBERS £20 / NON-MEMBERS £40**  
COURSES WILL RUN AT VARIOUS TIMES OF THE YEAR – WATCH THIS SPACE!