

Lean Body Vision

Personal Training | Private Studio | Exercise Classes

Prices Valid from November 2011

Service	Price	Included
1 hour one2one at the studio	£35 per hour	10 sessions paid upfront £300
30 min at the studio	£25.00	Express training. 10 for £200
45 min at the studio	£30.00	10 for £250
Group exercise	£4 per class	Group classes at Earlsdon School
Partner PT	£42 per hour	Couple or two friends, one hour training at LBV studio. 10 for £380
Group PT	£52 per hour	Up to five people training outdoors or in a space you provide
<u>Gold Weight Loss Package</u>	£380.00 Saving £60!	10 x one hour personal training sessions at the studio, 1 x 10 day detox pack, 1 x nutrition pack (1xTNT, 1x protein, 1xOmega 3's)
<u>Silver Weight Loss Package</u>	£300.00 Saving nearly £30!	8 x one hour personal training sessions at the studio, 1 x nutrition pack (1xTNT, 1x protein, 1xOmega 3's)
<u>Injury Rehab Package</u> Working with Jacqui Johnston	£145 Saving £25!	3 x sports massages, 3 x 1hr personal training sessions, 2 x 1/2hr stretching sessions, 1 x everflex supplement
<u>Sports Package</u> Working with Jacqui Johnston	£375 Saving nearly £50!	3 x sports massages, 8 x 1hr personal training sessions, 1 box of 30 solstick sachets, 1 bottle of zambroza
<u>Pregnancy Package</u> Working with Jacqui Johnston Subject to consultation for pregnancy	£280.00 Saving £20	2 x pregnancy massages, 1 x gym ball for at home use, 1 x at home program 6 x personal training sessions
Detox programme	£99.00	10 day herbal detox from Nature's Sunshine (worth £66), full health analysis of all body systems, welcome pack, before and after detox consultations.

Gift vouchers available for all products! Prices subject to change at any time.

Lean Body Vision, Your Catalyst to Success!

Updated 01/11/2011

All packages must be paid in advance. Cash, cheque or BACS payments are accepted.

Terms and conditions apply including our 24hr cancellation policy on all sessions. Contact us for more information.