





## PERSONAL TRAINING

Working with a Personal Trainer is an investment in your own body.  
Learning about your body, how it works and what is good for it is so important for long-term health.  
Looking after your health can be a mine field so having someone to help you navigate through all the different information puts you at an advantage before you even start.  
Learning how to properly execute exercises to avoid injury and to ensure you are getting the full benefit of your workout.  
Debunking all the nutritional information that is out there and making it easy to enjoy food and eat well.  
You don't need to worry about what exercises you should be doing or if you are doing them correctly as you have an expert stood right next to you telling you what you need to do and how you need to do it. Guiding you and keeping you going when you need a boost!  
Motivation, accountability, support and advice to get you to your goals faster!

## PRICES

45 minute sessions  
£30 / session  
Block Bookings (up to 5 sessions)  
£28.50 / session  
Block Bookings (6+ sessions) £27  
/ session



I cannot recommend Hannah highly enough. The personalised, professional and bespoke personal training sessions she puts together help enormously. I've benefited from a great long term plan back to fitness and also overall health thanks to Hannah's dietary and lifestyle advice. I won't look back and now my weekly PT sessions are an integral and enjoyable part of my life!