



K I N S P A

BODY AND SOUL

## **Personal Training**

<b>Session Quantity (60 minute sessions each)</b>	<b>One to One</b>	<b>Group (2-4 people)</b>
<b>Single sessions</b>	<b>£30</b>	<b>£50</b>
<b>10 sessions</b>	<b>£250</b>	<b>£450</b>
<b>30 sessions**</b>	<b>£600</b>	<b>£1,050</b>

**Each Personal Training package includes personalised goal setting, professional guidance for nutrition and exercise and most importantly, motivation!**

### **Payment**

Please note, the PT packages are a one-off payment made prior to your Personal Training commencing. Payment must be made at the spa reception desk.

### **Medical Conditions**

In some cases, your Personal Trainer may require a GP note to commence an exercise programme with you, prior to your first session.

### **Cancellation & Amendments**

You may change the time and/or date of your booking, provided 24 hours' prior notice is received.

Cancellations made within less than the notice required will be charged 100% of the cost of the personal training session.

All personal training package payments are strictly non-refundable.