

Price List

Nov 2009



Personal Training 1:1 sessions

90 days limit on sessions

Number of sessions	Price
1	£35
6	£200
10	£300

amc membership

Monthly Commitment. Combination of shared PT and 1:1 PT

Sessions per week	Price per a Month
1	£120
2	£200
3	£260
4	£300

Group Sessions

Set time training. GymFit, SquashFit, BoxFit, CrossFit, MuscleFit. 3-6 members per session

Sessions per week	Price per month
1	£60
2	£120
3	£180

Combinations

[PT and Group Combo 1](#)

1 PT & 1 Group session per week - £180 per month.

[PT and Group Combo 2](#)

1 PT & 2 Group sessions per week - £240 per month

[PT and Group Combo 3](#)

2 PT & 2 Group Sessions per week - £320 per month

[PT and Group Combo 4](#)

1 PT & 3 Group Sessions per week - £300 per month