Unit 2, Bath Lane Bramley, Leeds LS13 3AT

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## **PERSONAL TRAINING**

Individual		Monthly	
Standard 1:1 Training	£30.00	Standard 1:1 Training 1pw	£123.50
Standard 1:2 Training	£35.00	Standard 1:1 Training 2pw	£234.00
Standard 1:3 Training	£40.00	Standard 1:1 Training 3pw	£331.50
Standard 1:4 Training	£45.00	Standard 1:1 Training 4pw	£416.00
Black 10 1:1 Training	£270.00	Standard 1:2 Training 1pw	£72.50pp
Block 20 1:1 Training	£480.00	Standard 1:2 Training 2pw	£136.50pp
Block 10 1:2 Training	£315.00	Standard 1:2 Training 3pw	£193.50pp
Block 20 1:2 Training	£560.00	Standard 1:2 Training 4pw	£243.00pp

### **BOOT CAMPS**

Individual		Monthly	Deposit	PCM
Groom & Bridal 1:1 2 weeks 5pw	£270.00	Groom & Bridal 1:1 2 weeks 5pw	£50.00	£79.00(3)
Groom & Bridal 1:2 2 weeks 5pw	£315.00	Groom & Bridal 1:2 2 weeks 5pw	£50.00pp	£41.00pp(3)
Standard 1:1 4 weeks 3pw	£324.00	Standard 1:1 4 weeks 3pw	£50.00	£97.00(3)
Standard 1:2 4 weeks 3pw	£378.00	Standard 1:2 4 weeks 3pw	£50.00pp	£52.00pp(3)
Deluxe 1:1 4 weeks 4pw	£432.00	Delux 1:1 4 weeks 4pw	£75.00	£124.00(3)
Deluxe 1:2 4 weeks 4pw	£504.00	Delux 1:2 4 weeks 4pw	£75.00pp	£64.00pp(3)
Ultimate 1:1 6 weeks 4pw	£576.00	Ultimate 1:1 6 weeks 4pw	£100.00	£164.00(3)
Ultimate 1:2 6 weeks 4pw	£672.00	Ultimate 1:2 6 weeks 4pw	£100.00pp	£84.00pp(3)
		Ultimate 1:2 6 weeks 4pw	£100.00pp	£45.00pp(6)

# **CORPORATE, SCHOOLS & GROUP TRAINING**

Corporate, school and group training can be arranged from one offs to 12 months contracts. Rates start from £45.00 per hour.

#### REMOTE PERSONAL TRAINING NOW AVAILABLE!

See <u>here</u> for further details

For more information or to make an enquiry please contact Elemental Fitness on 0113 205 7433, 07944 986 986 or email info@elemental-fitness.com

# WE LOOK FORWARDS TO MEETING YOU SOON