



Personal Training

Standard Rates

1:1 Training - £28.00 per hour

1:2 Training - £35.00 per hour

Group Training

Group training can be arranged from small groups to corporate team building exercises. Please contact us for a quote.

Block Booking

Book **10 lessons** and receive 10% discount

Book **20 lessons** and receive 20% discount

Boot Camps

Elemental Fitness also offers a monthly payment to suit you. Don't worry though, you can engage in the training up front and pay the outstanding balance over the next 3 to 6 months. All we ask for is a deposit at your free consultation. Get in touch for more info.

Deposit: £50

Standard Boot Camp

Individual: £302.40

3 month DD: £89.10 • 6 month DD: £47.10

Joint: £378

3 month DD: £59.60 • 6 month DD: £32.30

Deposit: £85

Deluxe Boot Camp

Individual: £403.20

3 month DD: £111.10 • 6 month DD: £58

Joint: £504

3 month DD: £74.80 • 6 month DD: £39.90

Deposit: £50

Groom/Bridal Boot Camp

Standard rate: £224

3 months DD: £68 • 6 months DD: £34

Joint: £315

3 months DD: £49.10 • 6 months DD: £27.10

Deposit: £120

Ultimate Boot Camp

Individual: £571.20

3 month DD: £155.40 • 6 month DD: £83.20

Joint: £714

3 month DD: £104 • 6 month DD: £54.50

Corporate Training & Schools

Kickboxing & fitness exercise classes are a great way to build team spirit. Please contact Elemental Fitness for a quote and more information. £40 per hour + VAT.