



Personal Training

Standard Rates

1:1 Training - £29.00 per hour

1:2 Training - £35.00 per hour

Block Booking

10 session get 10% discount.

20 sessions get 20% discount.

Monthly Personal Training Memberships

Once a week: £119.38 | Joint: £146.66

Twice a week: £226.20 | Joint: £273.00

Three times/week: £320.45 | Joint: £386.75

Four times/week: £402.13 | Joint: £485.33

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: £313.20

3 month DD: £92.73pcm

Joint: £378

3 month DD: £59.66pcm/pp

• 3 X •
PER WEEK
• FOR •
4 WEEKS!

Deposit: £50

Groom/Bridal Boot Camp

Standard rate: £261.00

3 months DD: £75.33pcm

Joint: £315

3 months DD: £49.16pcm/pp

• 10 •
SESSIONS
• OVER •
2 WEEKS!

Deposit: £85

Deluxe Boot Camp

Individual: £394.40

3 month DD: £108.13pcm

Joint: £476.00

3 month DD: £67.66pcm/pp

• 4 X •
PER WEEK
• FOR •
4 WEEKS!

Deposit: £120

Ultimate Boot Camp

Individual: £556.80

3 month DD: £150.60pcm • 6 month DD: £77.80

Joint: £672.00

3 month DD: £97pcm/pp • 6 month DD: £51pcm/pp

• 4 X •
PER WEEK
• FOR •
6 WEEKS!

Corporate, Schools & Group Training

Corporate, schools and group training can be arranged from one offs to 12 month contracts. Please contact us for a quote.