

Personal Training

Results based training Including
Nutritional Advice and Lifestyle
Coaching

- 50 minutes – single session **£40**
- 50 minutes – block of 6 sessions **£200**
- 30 minutes – block of 10 sessions **£200**

Vibro GTS

- 45 minutes (Maximum 3 per class)
- 3 people **£10** each / 2 people **£15** each

Vibrogym with Trainer

- 30 minutes - single session **£20**
- 30 minutes – block of 6 **£90**

Vibrogym self service

- Free to Annual members only

Massage

- 50 minutes - **£40**
- 30 minutes - **£25**

Gym Classes

- Privilege Member - **Free**
- Signature & Non-Member - **£5**

Mon-Fri 7am-2pm then 3pm-9pm (Between 2pm and 3pm by appointment only) Sat-Sun 9am-5pm
www.thegymatcarswell.co.uk office: 01367 870837