



## *Packages*

### **Fitness Packages**

#### **Mother and Daughter 12 Week tone up**

*2 personal Training sessions each  
Peak membership  
4 power plate sessions*

*Investment      £345 with £50 joining fee*

#### **Post Natal Tone up Package**

*12 week supervised programme to lose the baby weight*

*Includes off peak membership  
6 power plate sessions  
2 Personal training sessions  
2 sessions with Post Natal Specialist*

*Investment      £290 plus £50 joining fee  
Upgrade to peak membership for £75*

#### **Menopause Tone up and Strengthen Package**

*12 week programme to tone up and strengthen*

*Includes peak membership  
6 power plate sessions  
2 Personal Training sessions  
2 Sessions with Menopause Specialist*

*Investment      £295 plus £50 joining fee*

#### **Wedding Tone up Package**

*Included:-*

*3 month membership of exclusive Fitness Studio  
Personalised programme for each member of the bridal party\*  
6 personal training sessions  
12 Power plate sessions*

*Investment      £290 plus £50 joining fee  
\* max 8*



## **Image Packages**

### **Get the right look for that Job Interview**

*Includes:-  
Style and Colour Session  
Interview Questions and Role Play*

*Investment      £125*

### **The First date dilemma- What to Wear How not to look trashy..**

*Includes  
Style and Colour Session  
Make up session  
Tips on how to stay safe.*

*Investment      £115*

### **The “Red Carpet Moment”- How to dazzle and Wow**

*Includes:-  
Style and Colour Session  
Make up session  
Hair advice*

*Investment      £115*

### **Prom Party Package- the all important Impact**

*Includes:-  
Style and Colour Session  
Make Up application  
Hair advice  
Manicure*

*Investment      £135*

### **Teens- The Right Look**

*Includes:-  
Style and Colour Session  
Make up application  
How to look after your skin*

*Investment      £115.*