

# Personal Training

**LEVEL UP YOUR FITNESS!**

*Personal Training Packages at The Health Club*

## **1-ON-1 PERSONAL TRAINING**

45 minute sessions

Focused, individualised attention to help you achieve your goals, one session at a time.

- 8 Sessions – €320 members | €350 non-members
- 10 Sessions – €400 members | €420 non-members
- 12 Sessions – €480 members | €500 non-members

## **BUDDY TRAINING**

1 hour sessions

Train with a friend or partner – motivate each other and share the journey.

- 8 Sessions – €500 both members
- 8 Sessions – €550 one member, one non-member
- 8 Sessions – €600 both non-members

## **PAY AS YOU GO**

1 hour sessions

- €50 members
- €60 non-members

Enquire at Reception | Call: 021 480 0500 | Email: [thehealthclub@thekingsley.ie](mailto:thehealthclub@thekingsley.ie)