

# Ready to Feel Stronger, Fitter, and More Confident?

## Personal Training at The Health Club is Here to Help You Start.

If you've been thinking about personal training but haven't taken the leap yet, now's the perfect time. Whether you're just starting out, getting back into fitness, or looking to break through a plateau, our supportive and experienced trainers are here to guide you every step of the way.

This isn't a short-term boot camp. It's a lifestyle shift—a long-term investment in your health, strength, and confidence.

## Our Personal Training Options.

### 1-on-1 Personal Training

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

- 8 Sessions – €300 (members) | €320 (non-members)
- 10 Sessions – €350 (members) | €400 (non-members)
- 12 Sessions – €400 (members) | €480 (non-members)

## Buddy Training (2-on-1).

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

- 8 Sessions – €350 (both members)
- €400 (one member, one non-member)
- €450 (both non-members)