

OUTSIDE TRAINING SESSIONS

If you just want to dip your toe in, then the first session is **£7 with no further commitment**, A 10% discount is available for block bookings, these may vary from 5 to 6 week blocks.

This is how OTS works...

- Up to 30 Clients plus the Personal Trainer
- Strong application of Covid-19 Standards of hygiene for all equipment
- Sessions will be for one hour duration, including warm up and stretch periods
- 1m Social distancing must be applied at all times, clients and trainer
- Clients should arrive separately, no changing or toilet facilities will be available
- Bring your own equipment if you prefer
- The **Physical Activity Readiness Questionnaire - PAR-Q** - must be completed in advance

(Please check out the registration page on www.nikki-fit.co.uk for a copy of the form as a PDF for you to print off and complete)

INDIVIDUAL PERSONAL TRAINING

This is for 1 on 1 training that will be specifically tailored to meet your objectives and your ability.

£30 per hour, or £250 for a block of 10

All payments are in advance, payable via direct bank transfer.

NIKKI FIT LIMITED
BARCLAYS BANK
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ACCOUNT No : 60508314