

## **OUTSIDE TRAINING SESSIONS**

If you just want to dip your toe in, then the first session is **£8 with no further commitment**, or if you then want to carry on the **remaining 4 sessions will be £30**

If you want to dive straight in, then the sessions come in a **5-week block for £35**.

### **This is how OTS works...**

- No more than Five 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
- 2m 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](http://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