



**SPA**

ROCKLIFFE HALL

## Personal Training

To supplement your personalised fitness programme and support your further with achieving your wellbeing and fitness goals.

<b>One to One Personal Training</b>	<b>Member</b>	<b>Non-member</b>
30 minutes	£25	£30
One Hour	£40	£45
Block of Five Hours	£150	£175
Block of Ten Hours	£250	£300

<b>One to Two Personal Training*</b>	<b>Member</b>	<b>Non-member</b>
30 minutes	£35	£40
One Hour	£60	£65
Block of Five	£225	£250
Block of Ten	£375	£400

\*shared price between two

<b>Sports Massage Therapy</b>	<b>Member</b>	<b>Non-member</b>
Half Hour	£25	£30
One Hour	£40	£45
Block of Five Hours	£150	£175
Block of Ten Hours	£250	£300

**To enquire about booking personal training, please speak to a member of the Gym or Spa Reception team.**

The Gym team are also on hand to support you with complimentary wellness support including personalised gym programme, studio and wellness classes, Tanita body composition measurement and exercise, diet and lifestyle advice.