

## Team Bath Personal Training Options 2018-19

Having a Personal Trainer will make you work **30%** harder, alongside having fun. This combination leads to fantastic results and an increase in your desire to train. Personal training is not just for the rich and famous, here at Team Bath we have designed options to cater for everyone.

### **Quick Start**

1 Session **£39.50**

### **Multi Sessions**

10 Sessions **£358 Save £37**

20 Sessions **£695 Save £96**

### **Small Group session (2-3 people)**

1 Session just **£22 per person**

### **PT Solutions**

**Shape Changer £395:** 9 Personal Training Sessions & 1 Nutritional Session, this combination will help you lose weight or build muscle.

**In The Zone £390:** 9 Personal Training Sessions & 1 sports massage, the perfect combination for events such as a half marathon.

**Health £440:** 7 Personal Training Sessions, 2 Nutritional Sessions & 1 Body Composition Test (Skinfolds)

**Fitness Package £510:** 7 Personal Training Sessions, 1 Nutritional Sessions, 1 Body Composition Test (Skinfolds) & 1 V02 Max/Lactate transition test

**For more information contact the Health & Fitness Manager:  
teambath-personaltraining@bath.ac.uk**