IGNITEFIT

Chris Martin | Personal Trainer

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1. All inclusive personal training packages

Triple	Double	Single
★★★	★★	★
3 sessions per week	2 sessions per week	1 session per week
The most comprehensive training programme designed to significantly boost fitness in the most effective way, taking care of every need on each gym visit three times a week	The core trusted, personal package to substantially enhance fitness levels, increasing overall self confidence and well being	A tailored fitness programme delivering a consistent improvement in overall fitness, working alongside unsupervised exercise sessions

All inclusive packages also provide the following:

- ✓ Exploring all areas of the gym
- ✓ Developing all muscle groups
- ✓ Use of personalised app for your workout routines with video demos included
- ✓ Training programmes available for unsupervised sessions
- ✓ Messaging advice & support outside of the private sessions
- ✓ Nutrition advice
- ✓ Regular measurement to check progress
- ✓ Free consultation and personal questionnaire
- ✓ Student discount of 10%, buddy session (for 2) discount of 25% per person

2. Pay as you go personal training sessions

60 minute or 30 minute sessions

Personal training sessions whenever required.
Sessions will explore all areas of the gym and develop all muscle groups over time.

3. Guidance package

Unsupervised

Supply of personalised training programmes to follow in your own time, unsupervised. The programmes will be tailored to achieve your goals, including a free consultation, nutrition advice and messaging advice & support as required

Refer a friend: If you introduce a friend to me who then signs up for an all-inclusive package, you get cash back equal to the average price of one training session