

PERSONAL TRAINING PACKAGES



Beginnings

Your initial training session will get you on the road to better health and fitness and give us both a clearer understanding of your goals and motivations. We'll discuss your health history (which you will have listed in the [Registration Form](#)) and explore different types of training possibilities. In addition to your long-term goals, short-term goals will also be noted to allow you to enjoy each success as it is attained. The format of your fitness session will cater to your interests and needs, and a comprehensive and varied programme will be designed to keep you engaged over a longer term.

Motivation

In order to keep you on track, moving steadily toward your goals, we can track your progress in areas such as muscular strength, cardiovascular endurance and flexibility. However, not everyone enjoys that sort of monitoring, so we will do what feels right and comfortable for you. We may periodically revisit your short and long-term goals to ensure they are attainable and continue to serve your needs and desires. We will celebrate your progress and keep moving forward!

Commitment

By choosing a 5-sessions package, you have committed to your personal fitness. Your dedication is rewarded with a discount off of the cost of a single session, whether you choose to train privately or with a partner (semi-private).

Location and Equipment

Training can take place in my home studio, a light-filled, sheltered decking area overlooking lush gardens at my home in Falmouth. I have a range of equipment to utilise, including dumbbells and weighted balls, small inflated Pilates and large Swiss balls, a Suspension System Trainer, Pilates ring, yoga block, resistance bands, mats and more. If you prefer to train in your own home, I can come to you with a selection of kit, however locations outside of Falmouth may incur additional travel fees.

Referrals

As an existing personal training client, you have the power to inspire others to prioritise physical and mental wellness in their lives. Should you refer a friend or family member to Fired Up Fitness, and they in turn purchase a multiple session plan, you will receive a £20 credit towards your next multiple session payment.

Benefits

Your increased energy level, strength and overall sense of wellness are just a few of the rewards that accompany a commitment to training. Giving yourself this time and attention is a gift. May your journey be fulfilling, balancing and empowering!

PAYMENT PLANS		
Falmouth Area In-Home and Outdoor Training	Private	Semi-private
<input type="checkbox"/> Single Session	£50 per hour	£30 (per hour, per person)
<input type="checkbox"/> 5-Session (used within 3 months)	£240 (£48 per hour)	£140 (£28 p.h., p.p.)

Unless otherwise noted, payment shall be made **prior to the start** of each individual session (or 5--session block). **Bank transfers, debit and credit card payments accepted, using links above. Cancellations less than 24 hours prior to the start of appointment times will result in forfeiture of that session's payment (or equivalent hourly rate).** Bank transfers may be made to:

Elisabeth Watson, t/a Fired Up Fitness
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