

PERSONAL TRAINING

WE'VE GOT THE THE BEST OF THE BEST

A skilled and certified fitness professional, commonly known as a personal trainer (PT), possesses the expertise to create tailored exercise regimes that are both safe and effective.

With the aim of helping clients achieve their health and fitness objectives, PTs employ bespoke workout plans that cater to specific goals such as fat loss, muscle gain, improved sports performance, and more.

By providing valuable guidance, unwavering support, and motivation, PT's aid clients in their fitness journeys.

Many of these professionals have embarked on their own path towards physical excellence, resulting in a profound passion to assist others in their pursuit of wellness.

It is essential to remember that PTs themselves have once been beginners in the gym, and are therefore equipped to empathise with and support clients who are new to the environment. Our PT's here at East Park Gym are some of the best in the buiness and will always strive to ensure that within your own workouts, you're achieving the "Best of the Best".

If you have an enquiry about PT don't hesitate to contact us at 01189 747 585 or email us at membership@eastparkgym.com

East Park Gym - Personal Training package

| PT Package | Price per session | Total Package Price |
|---------------|-------------------|---------------------|
| Pay as you go | £50.00 | £50.00 |
| 4 pack | £45.00 | £180.00 |
| 8 pack | £42.75 | £342.00 |
| 12 pack | £41.40 | £496.80 |
| 20 pack | £40.50 | £810.00 |

