

LMC

PERSONAL TRAINING

PRICING & INFORMATION

2018



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PERSONAL TRAINING

Leigh Canning Personal trainer



I have worked as a personal trainer in commercial gyms and clients homes from London to Norway. Many clients have had specific fitness and weight loss goals that I have been able to help them achieve – very often surpassing their own goals and expectations. This has left them with renewed confidence and energy and often in need of a new wardrobe!

I can guide you through simple lifestyle changes combined with structured physical exercise plans which strengthen the entire body to help with all the physical requirements of daily life. All of this is possible in a fun and enjoyable environment of your choice and your preferred company.

For more information you can email: info@MumsWithNoExcuses.co.uk
Or call on 07858 212499

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PERSONAL TRAINING



- Personal training delivered to your home, office or local park
- Strength and HIIT training
- TRX suspension training
- Nutrition & weight management advice
- Circuit training
- Sandbag training
- Core stability work
- Group and 1 on 1 training
- First aid certified



LMC

PERSONAL TRAINING

ONE ON ONE TRAINING

- Single session drop-in price £50 per hour
- 6 session booking £45 per hour *Minimum 1 session per week*
- 12 session booking £40 per hour *Minimum 2 sessions per week*

TRAIN WITH A PARTNER

Single session drop-in price £60

6 session booking £50 per hour *Minimum 1 session per week*

After we have found your ideal training time, location and package type you can make your payment to:

Mr L M Canning
Account: 07029704
Sort code: 04-00-04
Payment ref: LMCPT

To ensure your agreed starting date and time please ensure that we are in receipt of your payment before your first planned training session.