

HHF Virtual Services - Price List



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| Virtual 1-2-1 Personal Training Session | 40 min | £20.00 |
| Virtual Small Group Training Session (up to 3 people) | 40 min | £25.00 |
| Virtual Group Class – Per Session | 40 min | £5.00 |
| Virtual Group Class – Monthly Pass - Unlimited | 40 min per class | £30.00 |
| Personal Fitness and Nutrition Data Analysis – Report via PDF returned within 3-5 working days | - | £25.00 |
| 12-Week Virtual Fitness Challenge – delivered via training app - resistance band and medal included | | £39.00 |
| Access to training app with personalised monthly training plans and accountability | Per Calendar month | £20.00 |
| Tailormade home gym kits | | Price upon request |

- All live virtual training will be delivered by Zoom
- Class timetable will be released on a monthly basis.
- Personal and SGT can be held on Evenings and weekends at an agreed date and time.
- All classes can be purchased through the booking app, Gymcatch. (<https://app.gymcatch.com/provider/1010/events>)
- All other services, please get in touch directly for further information.