# COMPLETE PT

NUTRITION | RETREATS | GROUP TRAINING | MINDSET

FATLOSS – MOBILITY – STRENGTH – LONGEVITY
HOLISTIC HEALTH – FUNCTIONAL MOVEMENT - WELLBEING



www.completepersonaltraining.ie

# Complete Personal Training House Call Price List

**Sessions are 40 Minutes**

*Included In Each Session*

- Warm up
- Mobility
- Strength & Cardio
- Core
- Flexibility

No need for equipment, we can bring it.

*What's Included*

- Nutrition Seminar
- How To Work out Your Calories To Reach Your Goals
- Cook Books
- Shopping Lists
- Goal Setting

## 1-1 TRAINING

**Session Bought In Blocks Of 10**

1 x Times a week ie 10 Sessions = €970 (€97 Per Session)

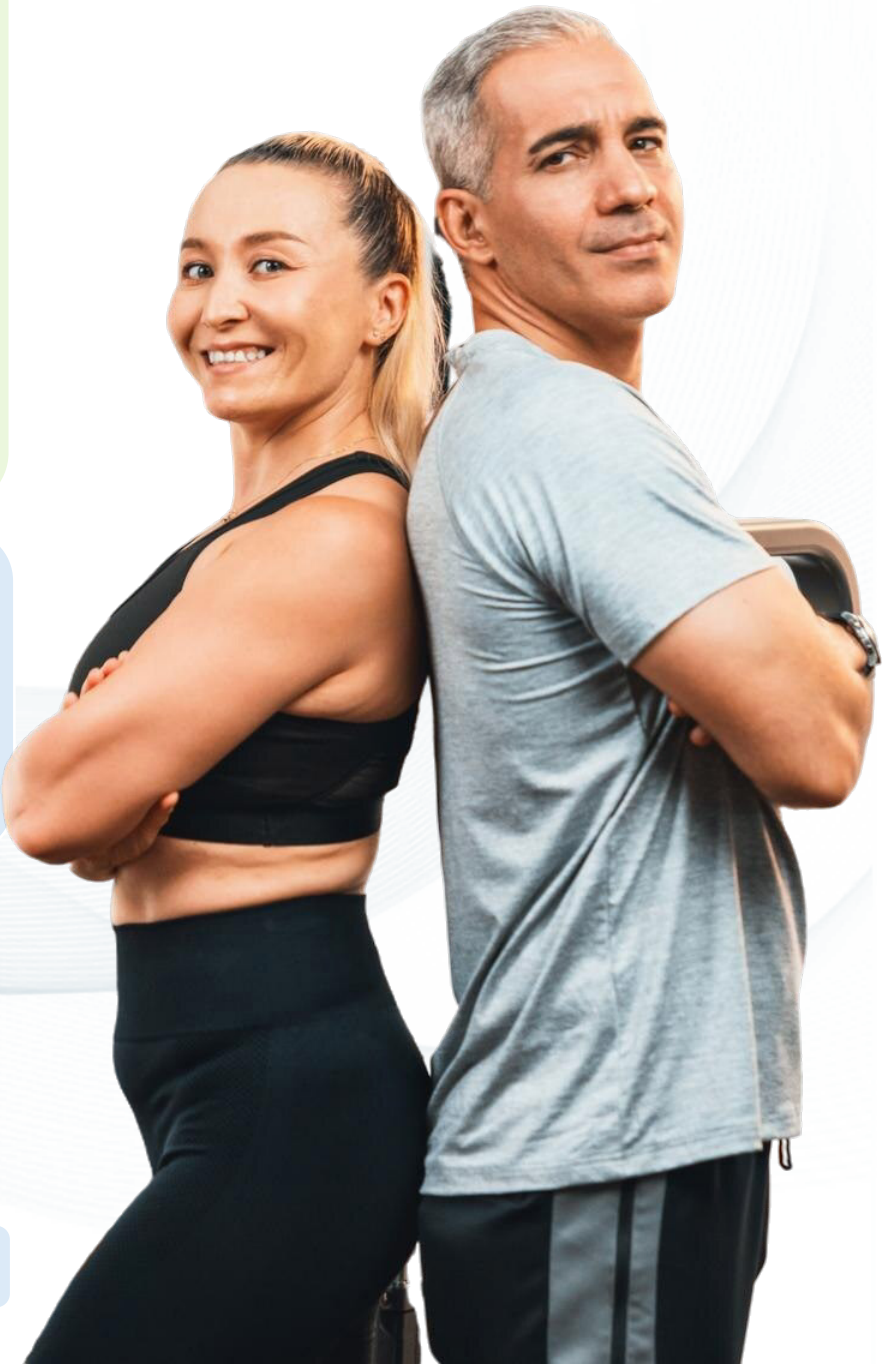
2 x Times a week ie 10 sessions = €900 (€90 Per Session)

3 x Times a week ie 10 Sessions = €850 (€85 Per Session)

## COUPLES TRAINING

**Session Bought In Blocks Of 10**

10 Sessions Are €997 For A Couples Training (€97 Per Session)



**MOVE BETTER**

**STAY FITTER**

**GET STRONGER**

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