

The following tables serve as a guide of how much clients can expect to pay in relation to their household income band.

Personal Training

Tier	Household income range per annum	1 x 30-min session	1 x 1-hr session
1	≥ £50,000	£30	£55
2	£25,000-49,999	£25	£40
3	≤ £24,999	£20	£30

Pairs (2 people)

Tier	Yearly household income range	30-min session	1-hr session	5 x 30-min sessions	5 x 1-hr sessions	10 x 30-min sessions	10 x 1-hr sessions
1	≥ £50,000	£25	£40	£115	£180	£210	£340
2	£25,000-49,999	£20	£35	£90	£160	£170	£295
3	≤ £24,999	£15	£25	£70	£115	£130	£215

Small Group Training (3-5 people)

All costs are per person.

Tier	Yearly household income range	30-min session	1-hr session	5 x 30-min sessions	5 x 1-hr sessions	10 x 30-min sessions	10 x 1-hr sessions
1	≥ £50,000	£15	£25	£65	£110	£125	£210
2	£25,000-49,999	£13	£20	£60	£90	£110	£170
3	≤ £24,999	£10	£15	£45	£65	£80	£120

Emotional Wellbeing Programme

Individual sessions

Yearly household income range	Per session	Block of 6	Block of 12
≥ £50,000	£55	£300	£560
£25,000-49,999	£40	£215	£410
≤ £24,999	£30	£160	£305

Small group sessions (3-5 people)

Yearly household income range	Per session	Block of 6	Block of 12
≥ £50,000	£25	£135	£255
£25,000-49,999	£20	£110	£205
≤ £24,999	£15	£80	£155