



WHAT IS REMOTE PT?

Remote PT is a programme written by our choice of Personal Trainer and with your goals in mind. The sessions can be completed in any gym. We simply need to know what equipment you have access to. Your sessions will be written on our personal training app, allowing you to track your progress, and your coach to monitor your workouts. The app also contains videos of the exercises set, ensuring you know exactly how to perform them.

www.everybodyfituk.com

REMOTE PERSONAL TRAINING

PRICES

**£50 per month for
1-2 sessions per week**

**£55 per month for
2-3 sessions per week**

**£60 per month for
4-5 sessions per week**

Ideally your initial consultation will need to be conducted in a face to face setting to allow your coach to help you set up the app. If you are unable to do a face to face consultation we can arrange to do this via Zoom instead.

Payment is to be by standing order on the 1st of every month. Payment of 2 months is required upfront to start.

