



## NEW SEASON BROCHURE 2024

Book your *FREE* Consultation at the Spa or online!

<b>1-1 Single Session</b>	<b>£50</b>
<i>Bring a friend!</i> <b>Group PT</b>	<b>£75 for 2 / £100 for 3</b>
<b>Group Conditioning Class</b>	<b>£20 pp (MIN. 3 - MAX. 9)</b>

### *Save more! With BayPT Package Deals:*

<b>5 for 4</b>	<del>£250</del> <b>£200</b>	<i>(Includes 1 FREE PT session)</i>
<b>10 for 7</b>	<del>£500</del> <b>£350</b>	<i>(Includes 3 FREE PT sessions)</i>
<b>15 for 10</b>	<del>£750</del> <b>£500</b>	<i>(Includes 5 FREE PT sessions)</i>
<b>30 for 19</b>	<del>£1500</del> <b>£950</b>	<i>(Includes 11 FREE PT sessions)</i>

### *Get Beach-Ready! With Toned Programmes:*

# TONED IN 21

**£90**

- ◇ **Train with structure and progressive overload!**
- ◇ **3, 6 & 12-week FITNESS programmes**
- ◇ **4 workouts every week**
- ◇ **ONLINE support & Technique Analysis**
- ◇ **HALF PRICE (~~£25~~ £50) PT sessions**
- ◇ bookwhen **Priority Booking on BayPT Fitness Classes**

**6 WEEKS TONED**  
**£170**

**12 WEEKS TONED**  
**£320**



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### **Blast Body-Fat! With Shred Programmes:**

## **6-WEEK SHRED**

**£500**

- ◇ 6-week bespoke programme for **WEIGHT LOSS**
- ◇ Includes **12 PT sessions**
- ◇ Includes **3 customised workouts each week**
- ◇ **Weekly Check-Ins & Technique Analysis**
- ◇ **HALF PRICE (£25 £50) on extra PT sessions**
- ◇ bookwhen **Priority Booking** on BayPT Fitness Classes

- ◇ 6-week bespoke programme for **WEIGHT LOSS**
- ◇ Includes **20 PT sessions**
- ◇ Includes **4 customised workouts each week**
- ◇ **Food Diary & Nutrition Assessment**
- ◇ **Weekly Check-Ins & Technique Analysis**
- ◇ **HALF PRICE (£25 £50) on extra PT sessions**
- ◇ bookwhen **Priority Booking** on BayPT Fitness Classes

## **ADVANCE SHRED**

**£700**

- ◇ **LOSE WEIGHT together as a TEAM!**
- ◇ Includes **6 Group Conditioning Classes**
- ◇ **HIIT & S&C fitness focus**
- ◇ **Weekly Check-Ins & ONLINE support**
- ◇ **1hr FULL ACCESS to 5\* Spa facilities after your workout**

## **6-WEEK GROUP SHRED CHALLENGE!**

**£100 pp**




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**Build Muscle and Power! With Strong Programmes:**

### **6-WEEK STRONG**

**£500**

- ◇ 6-week bespoke programme for POWER
- ◇ Includes 12 PT sessions
- ◇ Includes 3 customised workouts each week
- ◇ Weekly Check-Ins & Technique Analysis
- ◇ HALF PRICE (£25 £50) on extra PT sessions
- ◇  Priority Booking on BayPT Fitness Classes

- ◇ 6-week bespoke programme for POWER
- ◇ Includes 20 PT sessions
- ◇ Includes 4 customised workouts each week
- ◇ Food Diary & Nutrition Assessment
- ◇ Weekly Check-Ins & Technique Analysis
- ◇ HALF PRICE (£25 £50) on extra PT sessions
- ◇  Priority Booking on BayPT Fitness Classes

### **ADVANCE STRONG**

**£700**

- ◇ Develop your STRENGTH anywhere!
- ◇ 6-week ONLINE bespoke programme
- ◇ Includes 4 customised workouts each week
- ◇ Weekly Check-Ins & Technique Analysis
- ◇ HALF PRICE (£25 £50) PT sessions
- ◇  Priority Booking on BayPT Fitness Classes

### **STRONG**

<https://-----> [ONLINE]

**£300**



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# TOTAL TRANSFORM pro

**£1200** Limited Slots Available

- ◇ **3 MONTH bespoke TRANSFORMATION**
- ◇ **A total commitment to LIFESTYLE CHANGE!**
- ◇ **Includes 40 PT sessions**
- ◇ **Includes 4 customised workouts each week**
- ◇ **In-Depth Progress Tracking & Review**
- ◇ **Weekly Learning resources**
- ◇ **Food Diary & Weekly Nutrition Guidance**
- ◇ **ONLINE support**
- ◇ **Habit Tracking for total body WELLNESS**
- ◇ **Weekly Check-Ins & Technique Analysis**
- ◇ **HALF PRICE (~~£25~~ £50) on extra PT sessions**
- ◇ bookwhen **Priority Booking on BayPT Fitness Classes**

### ----- Already a Member at The Spa? -----

Enjoy weekly BayPT **SPIN**, **HIIT** and **S&C Fitness Classes** included in your **Spa Membership!**

Book your next class now on  bookwhen

If you are on a BayPT bespoke programme, take advantage of bookwhen **Priority Booking**



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