



ESPH Dulwich fees - from July 2017

GYM MEMBERSHIP

Membership (12 months contracts)	FULL	£ 79
	OFF-PEAK	£ 59
Rolling contracts (minimum 2 months)	FULL	£ 85

PERSONAL TRAINING

Personal training	Single session	£ 65
	Booklet of 10	£ 585

GYM CLASSES

Non-member Gym Classes	Single class	£ 17
	10 classes	£ 149

PILATES

Reformer Pilates	Single class	£ 26
	10 Classes	£ 234
Studio Pilates	Single class	£ 36
	10 Classes	£ 324
Pilates Induction (screening plus 3 x Pilates 45)		£ 169
Personal Pilates (45 minute sessions)	Single session	£ 59
	10 sessions	£ 531
Couples Pilates (60 min sessions)	Single session	£ 95
	10 sessions	£ 855

TREATMENTS

Physiotherapy	Initial Assessment 45	£ 72
	Follow-up consultation 30	£ 52
Massage	Massage 30	£ 34
	Massage 45	£ 49
	Massage 60	£ 62
	Massage 90	£ 92
Diet & Nutrition	Nutritional Therapy Assessment 60	£ 85
	Nutritional Therapy follow-up 45	£ 69
Health & Fitness Tests	Fitness Test (VO2 Max, Strength, Body composition)	£ 109
	VO2 Max Test	£ 89
	Resting metabolic rate (RMR)	£ 89
	Body composition	£ 29

CRÈCHE

30 minute sessions	Single session	£ 4
	10 sessions	£ 36

All services are discounted to applicable gym memberships

10 session/classes booklets are available at a discount of approximately 10%

Some additional service options available - please ask for details