

ESPH fees - from 01 September 2020



GYM MEMBERSHIP

12 months contract	Monthly	£ 89.00
Rolling (minimum 2 months)	Monthly	£ 99.00

PERSONAL TRAINING

	30 min session	£ 45.00
	60 min session	£ 75.00

EQUIPMENT PILATES

Personal Pilates	30 min session	£ 55.00
	60 min session	£ 89.00
Group Pilates - Instructor led	60 min session	£ 42.00
Group Pilates - Open access	60 min session	£ 26.00

TREATMENTS

Physiotherapy	Initial Assessment 45	£ 79.00
	Follow-up consultation 30	£ 57.00
Massage	30 min session	£ 38.00
	60 min session	£ 69.00
Diet & Nutrition	Nutrition Assessment (online) 60	£ 125.00
	Nutritional follow-up (online) 45	£ 95.00
Body composition	Body composition	£ 35.00

Some services are discounted to applicable gym memberships

BUY 10 Get 1 FREE available for most options

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