Extra services

Extra services with no personal training: build-your-own packages

* Completely personalised training programme (to be done by you at home or in a gym), designed after a complimentary 45 minute consultation. The number of sessions per week and/or length of the programme can vary depending on your needs.
	+ Optional extras:
		- Tailored dietary and nutritional guidance
		- Unlimited weekday support throughout the programme
		- Progress tracking report and analysis
* Tailored dietary and nutritional guidance only. This includes information about calories and macros, what calories you need for different goals and detailed guidance and recommendations based on your habits, diet and goals.

These are perfect if:

* You are not interested in having a personal trainer working with you during exercise.
* You’re not ready to commit to a personal trainer.
* You’ve got a gym membership you want to use/you enjoy being in a gym.
* You are self-driven.
* You want to lift very heavy which may not be possible to do at home.
* You know your diet is your weak spot to achieving your goals; remember, fat loss is 80% about what you eat.

[Contact me here to chat about what will serve your needs, and pricing.](http://www.fitnessbygeorgia.co.uk/contact)

Consultancy fee

This is perfect if:

* You feel you need more one-to-one time with myself to chat through a specific situation or to seek targeted advice.
* You have your own training programme that you’re following, but want some guidance and advice along the way. Similarly, I have created a workout programme for you, but you want to spend some time with me to show you how to do these properly and safely before you do them alone.
* You want to be kept accountable as you transition away from having worked with myself or another coach long-term.

This can happen as a video or phone call, whatever is most convenient for you. We can establish an agenda for the call - particularly if it’s longer - and make sure we cover everything you wish, while leaving time to expand further on certain elements! If there’s anything that can be considered more ‘specialist’ that you’d like to talk about, please inform me about this beforehand so I can do any research I feel is necessary.

| 1 hour | £80 |
| --- | --- |
| 30 minutes | £40 |
| 15 minutes | £20 |

[Contact me here.](http://www.fitnessbygeorgia.co.uk/contact)

Pay as you go personal training cost

| 1 hour | £110 |
| --- | --- |
| 1 hour 30 minutes | £165 |

*Please note*, sessions will be bespoke as far as is possible with the inconsistent nature of pay and go. Pay and go means results are less likely as consistency is key.

[Contact me here to get going!](http://www.fitnessbygeorgia.co.uk/contact)

Other services

* Bespoke talks around wellbeing, sleep and health for your staff/members (at your workspace, club or members club). See examples of talks on my [SpeakerNet profile](https://speakernet.co.uk/speaker/2251/georgia-bennett).
* Corporate circuit classes (held at your office as part of a HR/wellbeing offer).
* Tailored circuit and HIIT classes.
* Couples/buddy sessions.

[Contact me to chat more about what you’re envisaging.](http://www.fitnessbygeorgia.co.uk/contact)

Journeys I can facilitate:

* Improving diet and nutrition, and debunking misinformation
* Injury prevention and improvement of your sport through strength training
* Getting fitter and stronger
* Leaning out and losing weight
* Building and maintaining muscle (this includes getting ‘toned’)
* ‘Reverse dieting’ and restoring your metabolism
* Overall health and fitness development – helping you fall in love with moving more
* Improving your functional fitness
* The ‘zone 2’, ‘heart rate’ or ‘aerobic’ cardio method
* Half marathon preparation
* Building healthy habits
* Lifestyle improvements and optimisation e.g. improving your sleep

[Contact me for a complimentary consultation.](http://www.fitnessbygeorgia.co.uk/contact)