

Vofitnesss – Premium Transformation Personal Training

Vanessa | CIMSPA Certified | 5-Stone Personal Transformation | Central London

"Helping busy Londoners achieve life-changing results through personalised fitness, sports massage, and accountability."

ONE-TO-ONE PERSONAL TRAINING

Service	Description	Price/ session
Standard PT	1-on-1 personalised session	£120-£150
Transformation PT	Bespoke program, progress tracking, lifestyle guidance	£140-£160
Concierge PT	Fully bespoke, flexible schedule, lifestyle coaching, 24/7 accountability	£160-£180

Block Booking: Buy 10 sessions, save 5-10%

SMALL GROUP / SEMI-PRIVATE

Service	Price/person
Semi-Private (2-3 clients)	£70-£80
Premium Small Group (3-4 clients)	£90-£100

Affordable access to premium guidance with personal attention.

TRANSFORMATION PACKAGES (Monthly Pricing)

Package	Duration	Price/month	Total
12-Week Transformation	12 weeks, 2-3 sessions/week	£1,200-£1,680	£3,600-£5,040
16-Week Transformation	16 weeks, 2-3 sessions/week	£1,120-£1,680	£4,480-£6,720

3 months delivers measurable results; 16 weeks ensures deeper, sustainable transformation.

OPTIONAL ADD-ONS

- Sports Massage – £90–£120 per 1-hour session
 - Meal Planning / Recipe Guides – £120–£200 per package
 - Online Coaching / Check-ins – £60–£120/month
 - Progress Photos & Tracking – included for premium clients
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WHY TRAIN WITH VANESSA?

- Proven Results: Lost 5 stones in 8 months; personally understand transformation
- Certified Expertise: CIMSPA accredited PT
- Premium Service: Bespoke programming, lifestyle coaching, and accountability
- Central London Access & Flexible Scheduling
- Patient & Professional: Methodical coaching for sustainable results

"Your transformation is my mission — together we'll make it happen."

BOOK YOUR CONSULTATION TODAY!

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