

Wellness & Training Packages

1. Transformation PT Block

10 Personal Training sessions

- Goal-driven, structured program
- Use within 6-8 weeks for maximum impact
- For serious clients ready to commit

Price: £600

2. Wellness Lifestyle Package

Monthly Block: 1 PT + 1 Pilates + 1 Sports Massage

- Balanced approach to health & recovery
- Maintains progress and reduces stress
- Designed for clients wanting structure without burnout

Price: £150/month

3. Small Group PT Block (2 people)

8 Semi-private PT sessions (per person)

- Train with a friend or partner
- Personal attention and motivation
- Commitment ensures consistent progress

Price: £280 per person (£35/session)

Referral Bonus

Refer a friend who signs up for any package and receive a FREE 30-minute PT session on your next block or package!

Helping your friends feel great has its rewards.

VOFITNESSS

Why Blocks?

It's not about how many times you train per week - it's about staying consistent with focused, structured support over time.

Ready to commit?

Contact: 07395276357

Website: vofitnesss.com

Instagram: [@vofitnesss](https://www.instagram.com/vofitnesss)

TikTok: [@vofitnesss](https://www.tiktok.com/@vofitnesss)