

	BRONZE PACKAGE	SILVER PACKAGE	GOLD PACKAGE
Personal Training Sessions	1 per week	1.5 per week	2 per week
Programme Review	Every other week	Once a week	Once a week
Nutritional Advice	✓	✓	✓
30 Minute Skype	Every other week	Once a week	Once a week
Email Advice	Once a week	Once a week	Unlimited
Physiotherapy Assessment	Beginning	Beginning & End	Beginning, Middle & End
Sports Massage	Once every 3 months	Once a month	Every other week
Discounted Supplements	✓	✓	✓
Discounted Fitness Courses run by the Physio Fitness Wellbeing Company	✓	✓	✓
Discounted Physiotherapy Treatment for you and family members	✓	✓	✓
Discounted Massages	✓	✓	✓
Free Post Race care at any event supported by the Physio Fitness Wellbeing Company	✓	✓	✓
COST per WEEK	£65	£85	£120