



One to One Training and Small Groups

One to One Training £30 for 45 Minutes

Block of 6 sessions £150

If you are not comfortable attending a group exercise session or feel that you would benefit from individual attention then a one to one training session is perfect!

Individual 45 minute training sessions are available to book at Body Central Studio Pagham PO21 4TW.

The first session may be a little longer and includes a free consultation.

Two-Three People Sharing

Two- three people can also share a session at a total cost of £40 for two people and £45 for three people for 45 minutes training between them.

Please contact Chris on 07537919038 or email bodycentraltraining@gmail.com to arrange a session.