

SERVICE PACKAGES —

Sign up for our service packages to unlock your full potential and thrive in performance, well-being, and appearance as you age.

	Assessment	App & workouts to purchase	Custom programme	Monthly Coaching Progress Reviews	Face to face personal training	Virtual personal training
Benchmark Assessment	✓	✓				
Hybrid Package	✓	✓	✓	✓	✓	
Virtual Package	✓	✓	✓	✓		
Virtual Package Premium	✓	✓	✓	✓		✓
DIY Package	✓	✓	✓			
App Only		✓				