

M P C T R A I N I N G



Qualifications

- Level 3 Diploma in Fitness Instructing & Personal Training
- Level 2 award in instructing kettlebells
- Award in instructing circuit sessions
- Award in nutrition for health and fitness
- Blue Belt in Kickboxing & Assistant Instructor

Experience & Philosophy

Maria has 5 years competitive experience in athletics. Her latest passion is martial arts and she is currently a blue belt holder in kickboxing.

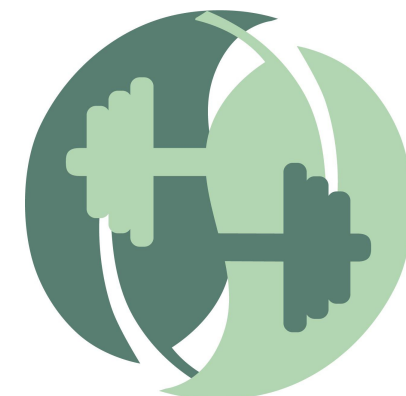
Leading an active lifestyle has always been second nature to Maria and she loves inspiring and motivating others to achieve their personal goals and feel happy!

“If your dreams don’t scare you, they are not big enough”

- Ellen Johnson Sirleaf (24th President of Liberia from 2006 to 2018)

Specialist areas

- Boxing & Kickboxing
- Muscle Tone & Fat Loss
- Core stability & Flexibility
- Nutrition
- Online Training



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Online Training Sessions

- Small or large groups
- Individual



One-to-One & Group Sessions

- At home
- At the gym
- Online
- Outdoors



Sessions are tailored to one's anatomy, ability and fitness level

Pricing & Packages

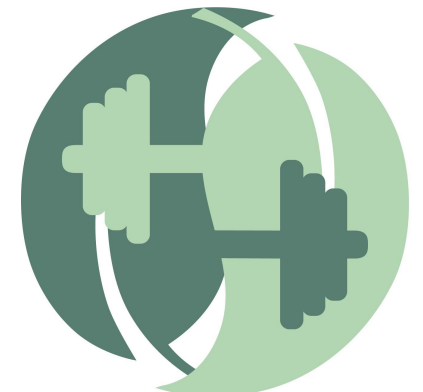
MPC Training offers various types of packages, from one-to-one training, small groups and corporate packages. Whatever your fitness needs are MPC Training will have a package to suit you.

Let's **M**ake **P**ositive **C**hange together!

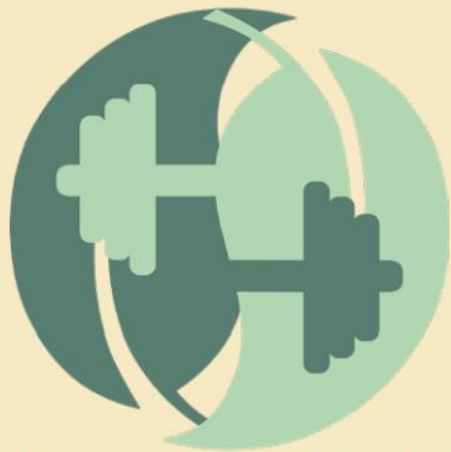


Private Clients			
1 hour session	In Person Pricing (£)	4 Session Package (£)	8 Session Package (£)
1-2-1 or 2-2-1	55 per session	200	360
Small group (3-5 people)	15 per person	55 per person	100 per person
1 hour session	Online Pricing (£)	4 Session Package (£)	8 Session Package (£)
1-2-1 or 2-2-1	35 per session	130	240
Small group (3-5 people)	10 per person	35 per person	65 per person

Corporate Clients			
45 minute class	Online Pricing 1-2 classes per week (£)	Online Pricing 3-4 class per week (£)	Online Pricing 5+ classes per week (£)
Price per class	80	70	60



MPC TRAINING



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**MAKE POSITIVE
CHANGE**

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