



Personal Coaching rates.

For all one-to-one coaching personal coaching sessions at Motus Strength the following rates apply. All rates are inclusive of VAT (at 20%).

£96 per 60 minute session - where 1-6 sessions are purchased at any one time.

£84 per 60 minute session - where over 6 sessions are purchased at any one time.

An expiry date (usually 3 months) will apply to all block purchased sessions. This, together with the length of the training program (usually a block of 6 weeks), will be agreed at the commencement of training.

Payment may be made at the gym in person by debit/credit card or by BACS.

Payment must be made prior to the commencement of training. No payment in arrears is allowed.

For the full breakdown of our terms and conditions including session cancellation policy please visit www.motusstrength.com.