**FEQUENTLY ASKED QUESTIONS ABOUT PERSONAL TRAINING**

**WHAT PACKAGES DO YOU OFFER FOR PERSONAL TRAINING?**

We have a wide range of personal training packages to suit your goals, all of which will be discussed with your trainer during your consultation. We offer Premium personal training packages which includes sessions that can be purchased in a block and have to be used up within 3 calendar months. We also have a monthly membership option which includes sessions that have to used up and booked on a monthly basis with a minimum of a 3 month membership subscription.

Payment for monthly memberships will need to be paid via direct debit by the 15th of each calendar month. Payment for premium packages will need to be paid in full before any sessions can be booked and confirmed.

**CAN I ROLL MY SESSIONS OVER TO THE FOLLOWING MONTH IF I MISS A SESSION?**

If on a monthly membership you have to book and use up your sessions within each calendar month. No sessions can be rolled over to the following month if any sessions are missed. If for any reason you have to cancel your sessions due to illness or holiday, you will need to inform your trainer in advance so an alternative payment can be arranged.

Please note, any sessions that are cancelled with less than 24 hours notice will incur a full charge and the session cannot be rescheduled or refunded.

**HOW DO I MAKE PAYMENT FOR PERSONAL TRAINING?**

Payment for personal training will be set up via Direct Debit if you have chosen a monthly membership package. Once a membership has been agreed between you and your trainer, you will need to complete a Direct Debit form at reception. If you sign up to premium personal training, then payment will also be arranged at reception for you. Payment for all packages will have to be paid in advance to confirm all sessions and bookings.

**HOW LONG ARE PERSONAL TRAINING SESSIONS?**

We offer sessions that are either 30 minutes, 45 minutes or 1 hour. Sessions can be booked either once, twice or three times a week, however depending on your budget, availability and what your trainer recommends, this will be discussed at the time of your consultation.

**CAN I HAVE PERSONAL TRAINING EVEN IF I AM NOT A MEMBER?**

Yes, you do not need to be a member in order to book personal training. The only requirement is that you pay £6 each time you come in for a session as an entry fee to the gym. This fee will need to be paid at reception at the start of your session.

**WHAT OTHER SERVICES COME WITH PERSONAL TRAINING?**

As well as one to one sessions which are designed specifically to you and your goals, you will also have access to our online fitness portal via the app that you can download for free when signing up to a personal training package. Here you will be able to access your workouts, booked training sessions and much more! We also offer personalised nutrition plans which can be purchased separately to go alongside your training sessions. Your nutrition plan can also be accessed via the app so everything is one place!

Taking part in regular one to one sessions means the focus is entirely on you and your needs. Your trainer will provide you with the support, encouragement and knowledge throughout your training so you can learn about making the positive lifestyle changes that will help make a difference and get you results!

If you wish to know more about personal training with Pure Leisure, then please don’t hesitate to get in touch.