

Personal Training

Cat has been a Personal Trainer for 5 years and has worked with many different clients with many different needs and wants.

From rapid weight loss to body building and toning, Mii Fitness will work with you on a one to one basis to help achieve your goals.

- Personal Training
£35 per hour
(Block of 10 £300)
- Train with a friend
(Buy 1 get 1 half price)
Total cost £45 per hour
- Nutritional Diet Plan
£25 per Diet Plan +
ongoing advice
- Boot Camp
(Up to 10 people)
£7.50 per hour session
£50 per 7 week block

For further information please contact:

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