



27 Tivoli Place
Ilkley
LS29 8SU

w. sabinefitness.co.uk
e. sabine@sabinefitness.co.uk
t. 07966 572611

Price List

Personal Training	Single session £35 Block of 5 sessions £150 Block of 10 sessions £250 Each additional Person : add £5 per session	Exercise in a totally private environment without onlookers, Individual tailor made programme to get the results – adapt, improve, progress ... Flexible hours Motivation and advise
Body Massage	Full Body £35 Shoulder, Neck & Back £20	Massage not only relaxes and indulges – but relieves muscle soreness and improves overall blood flow ...
Pilates Core Sculpt Nordic Walking	Drop-Ins £10.00 Series of 6 weeks £45.00 1 class per week Series of 6 weeks £70.00 2 classes per week	Small groups ensure a high standard of quality teaching and individual adaptation / modification – therefore participants with different levels and experience can exercise together. For this reason I am running my classes ongoing and in case you had to miss your scheduled class you can join another without missing out (subject to availability).