



CAMERON HOUSE
ON LOCH LOMOND

PERSONAL TRAINING

PACKAGES

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Join a growing group of resort members who have pushed boundaries and achieved life-changing goals, from dramatic weight loss through to top class physical performance, all through the expert help, guidance and encouragement of our personal training team.



BASIC PACKAGES

PT OFFER

Tanita Body Composition Assessment, PT Consultation, Programme and 12 training sessions

12 SESSIONS FOR THE PRICE OF 10 | **£300**

Limited to 2 blocks

STARTER PACK

Tanita Body Composition Assessment, PT consultation, and PARQ

3 SESSIONS | **£90**

Each session 60 min

JOINT (BUDDY)

Personal Training sessions 5 x 1 Hour Sessions

FIVE SESSIONS | **£200**

SINGLE SESSION | **£45**

Sessions must be 2 members (both active), 3 month expiry

DIRECT DEBIT PACKAGES

(2 Months minimum)

THE 4 PACK | **£110**

4 Sessions per month by Direct Debit includes diet plan

THE 6 PACK | **£150**

6 Sessions per month by Direct Debit includes diet plan

THE 8 PACK | **£190**

8 Sessions per month by Direct Debit includes diet plan



SPECIFIC PACKAGES

THE PT EXPRESS

Express Training for an event/wedding/holiday
8 SESSIONS | **£200**

Must be used within 14 days, limited to 2 blocks

THE CLIMB

BUDDY SPIN PRIVATE PT SESSION

Train with a friend – PT led bike hill climbing increasing lean muscle mass and increasing cardio-vascular output
45 MIN | **£40**

SPIN PRIVATE PT SESSION

PT led hill climbing increasing lean muscle mass and increasing cardio-vascular output
45 MIN | **£35**

THE CORE EXPRESS

PT led core session, great for increasing definition and look in core muscle, abs and obliques
45 MIN | **£30**

THE LIFT

PT led 90 minute session on compound lifts such as the deadlift, squat, bench press etc improve technique and avoid injury
BUDDY SESSION | **£55**
PRIVATE SESSION | **£40**

THE FIGHTER

Combat/Boxing Session, Intensive 121 cardio based boxing session, includes active recovery session
60 MIN | **£35**

ACTIVE RECOVERY SESSION

PT led active recovery session designed for recovery from long distance runs or sports events with assisted stretching and nutritional advice
45 MIN | **£30**

SPEED AND AGILITY TRAINING

PT led foot speed and agility drills perfect for those who play football, hockey, basketball, tennis players adaptable to almost any sport
45 MIN | **£30**

LODGE FITNESS ASSESSMENT

EXCLUSIVE TO CAMERON HOUSE LODGES
Tanita Body Composition Assessment, PARQ and programme
45 MIN | **£25**

PT SINGLE SESSION

60 MIN | **£35**

PT TASTER

30 MIN | **£15**

PROGRAMMED PACKAGES

CARDIO BOOSTER

Designed workouts to boost VO2Max, great for those building to doing distance running, climbing or for recovery after injury, includes dietary advice and recommendations
45 MIN CONSULTATION AND 4 PT
DESIGNED PROGRAMMES | **£60**

THE BUILDER

Designed workouts to build muscle mass includes dietary advice and recommendations
45 MIN CONSULTATION AND 4 PT
DESIGNED PROGRAMMES | **£60**





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FOR MORE INFORMATION OR TO BOOK CALL 01389 310 777
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