

FOR THE EMPLOYEES

REMOTE / ONLINE

A

GYM PROGRAMME

Online / remote programme that can be done at any gym facility

Choose from a variety of programmes

Prices Vary

B

1-1 CONSULTATION + INDIVIDUALISED PROGRAMME

A 1-1 consultation with a coach.

Receive a totally personalised training programme based around your exact requirements

£240

C

NUTRITION COACHING

Real World Nutrition Coaching to improve Health and Results

Delivered via a Weekly Group Call, Private Facebook Group & Peer accountability chat

£20 per week

IN PERSON

A

FS46 MEMBERSHIP

Join us in person at FS46.to experience our signature Customised Small Group Coaching

£157 / £197
per month

FOR THE EMPLOYER

CORPORATE

A

COACH CONSULTATION

Health & Fitness
Consultancy for your team!

Employee's can schedule 1-1
calls with a highly skilled
coach to get Health &
Wellness advice

Consultation's last 40
Minutes and are conducted
via zoom.

2 hour block = **£180**
(3 consultations)

Subscription Renewed
Monthly

B

WELLNESS CONTENT PACK

Provide high-level,
actionable and educational
content to improve the
Health & Wellness of your
team.

Delivered to each team
member via an email series
featuring video content.

What's Included?

'Busy Professional' Series
£35 per person

'Desk Stretch' Series **+£5**
'Home Workout' Series **+£5**

Minimum 10 Persons

C

LUNCH & LEARN

An all-staff presentation to
motivate, inspire and educate
your team on topics relating
to the Health & Wellness of
Busy Professionals

Your team will benefit from
actionable advice to improve
their health and wellness

Q&A included

£799 | 0-49 people
£999 | 49-99 people
£1199 | 100+ people