

## THE LINDA BOSTON STUDIO

PHYSIO-LED PILATES/ANTE-AND POST-NATAL PILATES	£9.00 or 8.50/SESSION BOOKED IN BLOCKS	£9.00 or 8.50 X NO. OF WEEKS
PHYSIO-LED PILATES - DROP IN		£10
PILATES - INDIVIDUAL OR TANDEM SESSION WITH A PHYSIO PER SESSION/BLOCK OF 10		£45/£399
PERSONAL TRAINER-LED PILATES MONDAY 2 P.M. DROP IN/ BLOCK		£7/£42 for 7 classes
PERSONAL TRAINER-LED PILATES MONDAY 6 P.M. DROP IN/ BLOCK		£8/£48 for 7 classes
TAI CHI FOR HEALTH DROP IN/BLOCK		£9.50/£8 X NO. OF WEEKS
ZUMBA® - DROP IN/ 10 CLASSES		£6/£50
ADVANCED CORE STABILITY		£7.50
AESTHETIC WEIGHLIFTING		£7.50
YOGA - CATHERINE HUCK		£10
YOGA - LUCY TENNYSON DROP IN/BLOCK OF 6/CONCESSION BLOCK OF 6		£10/£48/£42
INSANITY® 30 MIN CLASS/ 50 MIN CLASS/ 3 50 MIN CLASSES/ 5 50 MIN CLASSES/ MONTHLY PASS		£5/£8/£20/£30/£50

## POWER PLATE® STUDIO~

BLOCKS: 12 SESSIONS/24 SESSIONS EXPIRING 6 MONTHS AFTER FIRST CLASS IN BLOCK		£144/£264
SPECIAL OFFER BLOCKS 12 SESSIONS/24 SESSIONS EXPIRING 12 WEEKS AFTER FIRST CLASS IN BLOCK#		£132/£240
ONE TO ONE SESSIONS		£20

## PERSONAL TRAINING

LINA: 60 MINS £46. SIMONE: £25 30 MINS. £30 45 MINS. £35 60 MINS. PAUL: 45 MINS. £36 OR 10 10 SESSIONS £290.  
 BESPOKE PACKAGES INCLUDING PERSONAL TRAINING, POWER PLATE, CORE STABILITY & AESTHETIC WEIGHTLIFTING CLUB AVAILABLE.

## THERAPIES

PHYSIOTHERAPY - INITIAL CONSULTATION AND TREATMENT/SUBSEQUENT TREATMENTS		£45/£38
OSTEOPATHY - INITIAL CONSULTATION & TREATMENT/SUBSEQUENT TREATMENTS		£45/£40
OSTEOPATHY - REASSESSMENT & TREATMENT/REHABILITATION		£45/£40
ACUPUNCTURE - INITIAL CONSULTATION/SUBSEQUENT TREATMENTS		£55/£40
TRIGGER POINT MASSAGE - 30 MINUTES/60 MINUTES		£30/£45
MEZIÉRÈS METHOD 60 MINUTES		£35
COUNSELLING LORINDA GAMLIN SHORT & LONG TERM COUNSELLING AVAILABLE 1 HR.*		£40
COUNSELLING MARYANNE STEELE 1 HR. EATING DISORDERS. INITIAL ASSESSMENT/SUBSEQUENT SESSIONS		£35/£70
COGNITIVE THERAPY DR. CLARE CHURCHMAN 1 HR.		£60
HYPNOTHERAPY GENERAL SESSIONS/STOP SMOKING IN ONE SESSION/HYPNO-BAND WEIGHT LOSS		£75/£135/4 X £75
REFLEXOLOGY - INITIAL CONSULTATION/SUBSEQUENT TREATMENTS		£40/£40
REIKI - 30 MINUTES/60 MINUTES		£25/£40
FUNCTIONAL MOVEMENT ASSESSMENT SCREENING & LIFESTYLE CONSULTATION 60 MINUTES		£45

## MASSAGE THERAPIES

KAREN: BACK, NECK & SHOULDERS/FULL BODY/SPORTS/INDIAN HEAD 30 MIN £30, 45 MIN £35, 60 MIN £40, 75 MIN £45, 90 MIN £55  
 FIONA: RANGE OF MESSAGES 30 MIN £25, 60 MIN £35  
 SIMONE: SPORTS MASSAGE: 30 MIN BACK OR LEGS £30, 60 MINS FULL BODY £45

## BRIDAL FITNESS PACKAGES

10 WEEK PROGRAMME 30 POWER PLATE SESSIONS, WEIGHT MANAGEMENT WORKBOOK. 2 PERSONAL TRAINING SESSIONS, FITNESS ASSESSMENT, NUTRITIONAL ADVICE & EXERCISE GUIDANCE		£358
20 WEEK PROGRAMME 30 POWER PLATE SESSIONS, WEIGHT MANAGEMENT WORKBOOK. 2 PERSONAL TRAINING SESSIONS, FITNESS ASSESSMENT, NUTRITIONAL ADVICE & EXERCISE GUIDANCE		£696

## WEIGHT MANAGEMENT

GUARANTEED WEIGHT LOSS (SUBJECT TO CONDITIONS) IN 12 WEEKS WITH OUR FULLY QUALIFIED PERSONAL TRAINERS. PACKAGES FROM		£399
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## PILATES CLASSES SPACES

MON 2 & 6PM, TUE 9AM & 5PM, THU 10 & 11AM & 12PM, FRI 1.30PM, SUN 7 & 8PM

07/11/2014

~ RESPONSIBLE USE POLICY APPLIES; NO MORE THAN 1 SESSION/DAY, NO MORE THAN 2 SESSIONS IN ANY 3 DAY PERIOD

# PRICES SUBJECT TO 5% DISCOUNT IF COMMENCED WITHIN 2 WEEKS OF CONCLUDING PREVIOUS SPECIAL OFFER BLOCK

\*PRICES SUBJECT TO CHANGE AND CONCESSIONS AVAILABLE. E&OE

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