

SERVICES & FEES

ANDY MOUNCEY - COACH



PERSONAL TRAINING & COACHING

Personal Training Starting Out Package

Consultation, homework review, program design, 4 hours 1:1, phone and email support as needed £250.00

Personal Training Follow On Package

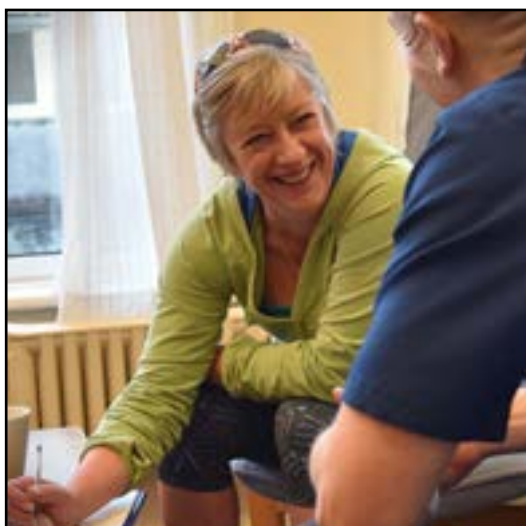
6 hours 1:1 phone and email support as needed £250.00

Personal Coaching

90 minutes 1:1 with pre-coaching homework £150.00

Massage / Treatment

£55.00 / 60 minutes



Andy is an accredited Level 2 Endurance Coach with UK Athletics. He also holds qualifications in personal training, strength and conditioning, physical therapy and triathlon coaching. He is an NLP Practitioner & Coach.

