# **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.











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