



Price list

Personal Training

Session costs	Club Woodham Members	Non – Club Woodham Members	Home visits
1 x 60min session	£40	£45	£45
1 x 30min session	£25	£30	N/A
4 x 60 mins sessions	£150	£170	£170
4 x 30 mins sessions	£95	£115	N/A
1 x 60min Shared Session	£60	£80	£80
4 x 60min Shared Sessions	£230	£310	£310

Yoga Sessions

Session costs	Club Woodham Members	Non – Club Woodham Members	Home visits
1 x 60min 1:1 session	£40	£45	£40
4 x 60 mins 1:1 sessions	£150	£170	£150
1 x 60min Shared Session	£60	£80	£60
4 x 60min Shared Sessions	£230	£310	£230

Online Coaching

Session costs	Online
1 month programme: Including: 1x induction 1x tailored progressive programme 4x check in's Health tracking Tutorial videos and photos 24/7 online support	£100

Payment in advance of sessions required, options for payment include:

- BACS Transfer to Move with Mel
- Through Club Woodham (for sessions held in the gym)
- Cash payments accepted

○ Gift vouchers available to purchase, contact for more information