



PERSONAL TRAINING

With one of our in-house PERSONAL TRAINERS!

Kick start your fitness with PERSONAL TRAINING sessions with Greg or Carl

Here are some of the benefits:

- 1 to 1 training
- Personalised programme
- Learn new skills
- Motivation
- Nutritional advice

Price per session
£30
or 6 for
£150

To take advantage of our brand new personal training please speak to a member of staff at reception or any of our experienced gym staff



Withington Baths
and Leisure Centre

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