

APW FITNESS

COACHING PACKAGE

8 WEEKS COACHING INCLUDES:

Pre Assessment & Goal Setting
Functional Movement Screening
Cardio Screening

8 Week Workout Programme

(Our App or Written based on your preferences)

8 x 1-2-1 Sessions

8 x Check ins

1 x Goal Setting Review

**ONLINE COACHING COMMUNITY
& RECIPE BANK**

Functional Movement Screening
only available separately

£600

APW Fitness

