

PLATINUM WELLNESS

PERSONAL TRAINING PILATES FITNESS MASSAGE



TIMETABLE
&
PRICELISTS

who are we HI THERE!

Platinum Wellness is a Boutique studio offering small group Pilates, Yoga & Fitness classes, Personal Training & Body Mechanic Massage Therapy.

We offer specialist services for

- Women's Health
- Pregnancy
- Postpartum
- Back Pain
- Injury Rehab
- Medical conditions - such as Arthritis & osteoporosis

We have 2 studios based in the Village of Caddington. Our Main Studio is for Classes and 1:1, 2:1 & Small Group PT and our 2nd studio offers Massage Therapy & 1:1 Training

All our instructors are highly trained and experienced.

Book Now

Lisa Wildman

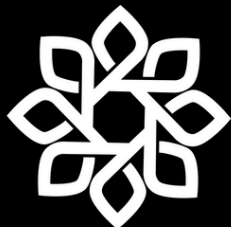
OWNER | SENIOR PT | PILATES INSTRUCTOR



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IN 10 SESSIONS YOU'LL FEEL
THE DIFFERENCE, IN 20
YOU'LL SEE THE DIFFERENCE,
AND IN 30 YOU'LL HAVE A
NEW BODY.

– JOESPH PILATES.



PLATINUM WELLNESS

PILATES | PERSONAL TRAINING | MASSAGE

MONDAY

9.15-10.00am	BODY CONDITIONING for Women
10.00-10.45am	AEROBICS & TONE - Over 60's
10.50-11.35am	PILATES - Over 60's
11.45-12.45pm	PILATES - Over 60's Remedial
2.00-3.00pm	MAMAFIT FITNESS Mum & Baby
5.45-6.45pm	PILATES – Mixed / Intermediate Level
6.50-7.50pm	PILATES – Mixed Level
7.55-8.55pm	GPT – BODY CONDITIONING

TUESDAY

9.15-10.00am	HITT for Women
10.15-11.00am	PILATES - Over 50's*
11.15-12.00pm	AQUA*
1.00-2.30pm	BABY MASSAGE
5.45-6.45pm	YOGA Vinyasa Breath & Flow
7.00-8.00pm	DANCEFIT - FITSTEPS
8.00-9.00pm	PILATES - NEW COMING SOON

WEDNESDAY

9.15-10.00am	LEGS, BUMS & TUMS
10.00-10.45am	AEROBICS & TONE
10.45-11.30am	TOTAL BODY STRETCH
12.00-12.45pm	OVER 60'S YOGA
2.00-3.00pm	TAI CHI
6.00-6.55pm	GPT – BODY CONDITIONING
7.00-8.00pm	PILATES – Women Only Mixed Level
8.00-9.00pm	PILATES – Beginners

THURSDAY

9.15-10.00am	DANCEFIT
10.00-11.00am	PILATES - Mixed / Intermediate Level
11.00-11.45am	OVER 60'S AEROBICS - CHAIRFIT
11.45-12.45pm	MAMAFIT PILATES Mum & Baby
6.00-7.00pm	YOGA Dynamic Vinyasa
7.00-8.00pm	GPT – BODY CONDITIONING
8.00-9.00pm	PILATES – Mixed Level

FRIDAY

9.15-10.00am	Women's BOOTCAMP
11.15-12.00pm	OVER 50'S PILATES & STRETCH*
6.00-7.00pm	PREGNANCY PILATES

MONTHLY CLASSES

7.45-8.45pm	GONG SOUND BATH
7.45-8.45pm	MEDITATION & MINDFULNESS

WORKSHOPS

WEIGHT LOSS WORKSHOPS

PREGNANCY & LABOUR MASSAGE WORKSHOPS

ANTENATAL COURSES

YOGA WORKSHOPS

*Class at Millfield Green

BOOK NOW AT PLATINUMWELLNESS.CO.UK



UKPLATINUMWELLNESS



PLATINUM WELLNESS AT MILLFIELD GREEN

TUESDAY

10.15-11.00am OVER 50'S PILATES

11.15-12.00pm AQUA

FRIDAY

11.15-12.00pm OVER 50'S PILATES & STRETCH

**BOOK NOW AT [BOOKWHEN.COM/MILLFIELDGREEN](https://bookwhen.com/millfieldgreen)
platinumwellness.co.uk
07799893489**

CLASS PRICES

PAYG & PASSES

STANDARD CLASSES – DAYTIME 45 MIN CLASSES & DANCEFIT

5 SESSION STANDARD PASS (Valid 8 weeks Save £10) **£45**

10 SESSION STANDARD PASS (Valid 16 weeks Save £30) **£85**

PAY AS YOU GO **£11**

10 SESSION STANDARD PLUS PASS **£80**

(Includes 1hr Daytime Pilates - Valid 6 weeks)

PLATINUM CLASSES – EVENING, 1HR & SPECIALIST* CLASSES

5 SESSION PLATINUM PASS (Valid 8 weeks Save £10) **£55**

10 SESSION PLATINUM PASS (Valid 16 weeks Save £30) **£95**

10 SESSION PLATINUM PLUS PASS (Valid 6 weeks Save £40) **£85**

PAY AS YOU GO **£13**

MAMAFIT – PREGNANCY, POSTNATAL, MUM & BABY CLASSES

5 WEEK COURSE **£50**

5 WEEK COURSE with Kit, Band, Balls & 50% off Massage **£65**

PAY AS YOU GO **£13**

TEEN PRICES

Ages 13-15 must be attending with an adult. 16-18 years may come without

TEEN PAY AS YOU GO CLASS **£10**

5 TEEN CLASS PASS **£42.50**

10 TEEN CLASS PASS **£75**

SPECIAL OFFER

DANCEFIT & AEROBICS PASS

£37.50 FOR 5 CLASSES / £70 FOR 10 CLASSES





DAYTIME MEMBERSHIPS

Daytime Memberships are for our daytime classes only *

CLUB 60 MEMBERSHIP **£72**

Up to 4x45 min classes per week for selected daytime classes specially or suitable for the over 60's.

Thursday Pilates supplement £2.50

DAYTIME 2 MEMBERSHIP **£55**

2 Classes per Week for Daytime Classes Mon-Fri run by Platinum Wellness - multi location use

DAYTIME 3 MEMBERSHIP **£70**

3 Classes per Week for Daytime Classes Mon-Fri run by Platinum Wellness - multi location use

DAYTIME 4 MEMBERSHIP **£85**

4 Classes per Week for Daytime Classes Mon-Fri run by Platinum Wellness - multi location use

DAYTIME UNLIMITED MEMBERSHIP **£95**

Unlimited Daytime Classes Mon-Fri - Multi location use

ADD ON CLASSES

Standard £5.50

Platinum £7.50

*Excludes private hire classes

Monthly Memberships are automatically renewed each month.

There is no minimum sign up period unless stated (minimum sign up periods for promotional memberships only)

We require 31 days notice to cancel a membership in writing





PLATINUM MEMBERSHIPS

Platinum Memberships are intended for 1hour & Specialist classes. However these memberships covers all our evening and daytime classes*

PLATINUM 1 **£45**

5 Platinum classes per month (1 class per week) - Multi Location use

PLATINUM 2 **£72**

8 Platinum classes per month (2 classes per week) - Multi Location use

PLATINUM 3 **£85**

12 Platinum classes per month (3 classes per week) - Multi Location use

PLATINUM 4 **£100**

16 Platinum classes per month (4 classes per week) - Multi Location use

PLATINUM UNLIMITED **£120**

Unlimited classes - Multi Location Use

ADD ON CLASSES

Standard £5.50

Platinum £7.50

*Excludes private hire classes

Monthly Memberships are automatically renewed each month.

There is no minimum sign up period unless stated (minimum sign up periods for promotional memberships only)

We require 31 days notice to cancel a membership in writing

PERSONAL TRAINING

Personal Training

Lisa is our Senior Personal Trainer with over 24yrs of Experience, she previously worked as a Senior Personal Trainer at Champneys in Tring for several years before creating Platinum Wellness and developing the studio

Lisa specialises in **Personal Training for Women for Weight Loss, Health & Pilates.**

She has a particular interest in Women's Health, from Pregnancy, Postnatal, Pelvic Floor issues, Menopause and beyond.

Lisa also offers Personal Training for Injuries, Medical Conditions and Rehabilitation for both Men & Women.

Lisa Offers 1:1, 2:1 and small Group PT and Home Visit PT



Wayne has recently trained as a PT and is offering 1:1 Personal Training at our Clinic on Evenings and Weekends. He will also be taking the Tuesday 8pm Group PT at the Studio.

Wayne specialises in Personal Training for Men 30's-60's for Health and Weight loss.

Especially those who want to rid themselves of the **'DAD BOD'**



PERSONAL TRAINING

1:1 PERSONAL TRAINING WEIGHT LOSS PROGRAMME

We offer 2 locations for our 1:1 training sessions.

We have our Main Studio and our Clinic which offers a multi gym weights machine.

All sessions are completely private.

Included -Initial & Final Consultation – Health & Lifestyle, Weight, Measurements, Body Fat Percentage, Fitness Test.

Workbook with Nutrition Info on Marcos and Recipe Guide

LIST OF BENEFITS:

- ✓ Personalised exercise programme for home or Gym
- ✓ Completely Private Session at our Studio or Clinic
- ✓ Motivation
Accountability
- ✓ Personalised Goal setting and regular check ins
- ✓ Discounted Unlimited access to the class timetable

Pay As You Go, Blocks & Monthly Memberships Available

30MIN SESSION

FROM
£26.50

OPTIONS
1 x 30min £30
5 x 30min £28
10 x 30min £26.50

45MIN SESSION

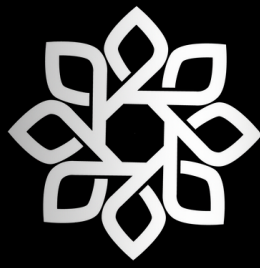
FROM
£37.50

OPTIONS
1 x 45min £40
5 x 45min £38
10 x 45min £37.50

60MIN SESSION

FROM
£46

OPTIONS
1 x 60min £50
5 x 60min £47
10 x 60min £46



PERSONAL TRAINING PRICELIST

1:1 OR 2:1 PILATES & FITNESS PERSONAL TRAINING

PAY AS YOU GO

15-minute consultation (free if session booked)	£10
30-minute appointment	£30
45-minute appointment	£40
60-minute appointment	£50
60-minute Home Visit	£65
90-minute Home Visit	£95

PACKAGES

5 x 1hr sessions	£235
10 x 1hr sessions	£460
5 x 45min sessions	£190
10 x 45min sessions	£375
5 x 30min sessions	£140
10 x 30min sessions	£265

MONTHLY PT MEMBERSHIPS

*Minimum 3 month subscription

1 x 1hr sessions per week	£185
1 x 45min sessions per week	£150
1 x 30min sessions per week	£110
2 x 30min sessions per week	£205

Massage & Personal Training Offers

PERSONAL TRAINING

1ST CONSULTATION &
45 MIN SESSION £45

4 x 30MIN PT SESSIONS £115

4 x 45MIN PT SESSIONS £155

4 x 1HR PT SESSIONS £190

MASSAGE

55MIN BACK, NECK, SCALP
& FACE MASSAGE £50

PT sessions valid for 6 weeks



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Massage

PRICE LIST

Massage

RELAXATION MASSAGE

A relaxation massage is a smooth, gentle treatment that relieves muscular tension, increases circulation, and promotes a general sense of relaxation.

30 MIN BACK, NECK & SHOULDERS OR LEG	£30
45 MIN BACK, NECK & SHOULDER OR LEG	£40
60 MIN FULL BODY	£50
90 MIN FULL BODY	£85

DEEP TISSUE MASSAGE

This treatment will centre around the stretching and manipulation of the muscles to focus on healing an ailment. If you suffer from sore muscles or the feeling of knots in your back, therapeutic massage techniques specifically target this discomfort to restore your body back to a tension-free state

	MEMEBERS	NON MEMBERS
30 MIN BACK, NECK & SHOULDERS OR LEG	£31.50	£35
45 MIN BACK, NECK & SHOULDER OR LEG	£40.50	£45
60 MIN FULL BODY	£50	£55
90 MIN FULL BODY	£81	£90

45 MIN HEADACHE RELIEF MASSAGE	£45
60 MIN PREGNANCY MASSAGE	£55
60 MIN POSTNATAL MASSAGE	£55
60 MIN BABY MASSAGE LESSON	£50

3, 5 & 10 Session Packages Also Available

PRICE LIST

Body Mechanics Treatment

Treatment typically includes postural assessment, treatment for your condition or injury which includes, Deep Tissue & Remedial massage techniques ultrasound and aftercare advice and prescribed exercises

For treating specific conditions, injuries. Body Mechanics - the Sarling technique, is used to address musculoskeletal pain and injury with a natural approach to health care that treats the body, addressing muscular imbalance to reduce pain, improve mobility and achieve normal function in muscles and joints alike.

	MEMEBERS	NON MEMBERS
30 MIN TREATMENT	£31.50	£35
45 MIN TREATMENT	£40.50	£45
60 MIN TREATMENT	£55	£60
90 MIN FULL BODY	£81	£90
ULTRASOUND TREATMENT	£10	£10
CONSULTATION*	£15	£15

- TREATMENT FOR INJURIES
- BACK PAIN
- ARTHRITIS
- POSTURE RELATED PAIN
- SPORTS INJURIES
- REPETITIVE STRAIN INJURIES
- JOINT PAIN

- NECK & SHOULDER PAIN
- PLANTAR FASCIITIS
- SCIATICA
- FROZEN SHOULDER
- IMPINGEMENT SYNDROME
- CARPAL TUNNEL SYNDROME
- STRESS TENSION & HEAD ACHES

*Consultation price is deducted from cost of any treatment booked

3, 5 & 10 Session Packages Also Available

10 x 30min sessions

MASSAGE PACKAGES

3 x 1hr sessions	£160
5 x 1hr sessions	£260
10 x 1hr sessions	£485
5 x 45min sessions	£210
10 x 45min sessions	£400
5 x 30min sessions	£150
10 x 30min sessions	£275

MONTHLY MASSAGE MEMBERSHIPS*

1 x 1hr sessions per month	£50
2 x 1hr sessions per month	£92

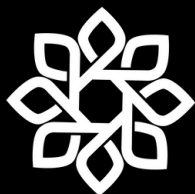
*Minimum 3 month subscription

OVER 60'S

MAMAFIT

TIMETABLES

CLUB 60



PLATINUM WELLNESS

Classes in our Club 60 membership are daytime classes that are lower Impact and are specifically for or suitable for the Over 60's held at our Bespoke Boutique Wellness Studio.

MONDAY

10.00-10.45am AEROBICS & TONE - Over 60's
10.45-11.30am OVER 60'S PILATES
11.35-12.30pm OVER 60'S PILATES - REMEDIAL

TUESDAY

10.15-11.00am OVER 50'S PILATES
11.15-12.00Pm AQUA

WEDNESDAY

9.15-10.00am LEGS, BUMS & TUMS
10.00-10.45am AEROBICS & TONE
10.45-11.30am TOTAL BODY STRETCH

THURSDAY

9.15-10.00am DANCEFIT
11.00-11.45pm OVER 60'S AEROBICS - CHAIRFIT

FRIDAY

10.00-10.45am AEROBICS & TONE - coming in April
10.45-11.30am OVER 50'S PILATES & STRETCH
11.40-12.25pm AQUA - Coming in April

We offer Pay As You Go Classes and 5 or 10 session passes

CLUB 60 MEMBERSHIP
DAYTIME UNLIMITED MEMBERSHIP

www.platinumwellness.co.uk

07799893489

Memberships are automatically collected monthly – no minimum term, 1 months' notice to cancel.





PREGNANCY, POSTNATAL, MUM & BABY CLASSES & MASSAGE

Classes are led by our expert Pre & Post Natal Instructors. We run specific Pregnancy, Post-natal and Mum & Baby Classes as well as being able to adapt exercises for our normal classes. We also offer Baby Massage, Pregnancy Massage & Specialist Personal Training for pregnancy and postpartum.

MAMAFIT

Aerobic and resistance toning class which are safe throughout each trimester of pregnancy and after your 8week post-natal check with your baby or toddler.

MAMAFIT PREGNANT PILATES

Pilates is a great form of exercise during pregnancy. Pilates exercises throughout pregnancy helps your body to prepare for birth as well as aids recovery afterwards.

MAMAFIT PILATES –POSTNATAL MUM & BABY CLASSES

Postnatal Pilates is a great way to rehab the post-natal body. The exercises are designed to heal and reshaped the post-natal body as well as ensuring that they address common post-natal conditions such as Diastasis Recti (Separation of the abdominals) and Pelvic floor issues.

BABY MASSAGE

Our Baby Massage courses are a great way to meet other mums, baby Massage enhances bonding and attachment, helps you understand baby's non-verbal cues, improves sleep, and helps to relieve wind, colic & constipation.

MONDAY 1PM – MAMAFIT MUM & BABY PILATES

TUESDAY 1PM – BABY MASSAGE

THURSDAY 1PM – MAMAFIT MUM & BABY FITNESS

FRIDAY 6PM – MAMAFIT PREGNANCY PILATES

www.platinumwellness.co.uk/mamafit





PLATINUM WELLNESS

PILATES | PERSONAL TRAINING | MASSAGE

thank you

PLEASE GET IN CONTACT TO BOOK

Platinum Wellness is a bespoke Boutique Studio & Clinic offering Personal Training, Group Fitness Classes, Pilates, Yoga & Massage.

We have over 24 years Experience in the Health & Wellbeing Industry

Lisa Wildman

Owner | Senior PT

07799893489



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