

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

Our studios are based in the Village of Caddington. **Our Main Studio** is for Classes and 1:1, 2:1 & Small Group PT and Studio 2, 1:1 Fitness & Pilates training, Small group Classes and a **Reformer Studio** offering Small group & Private Sessions

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

MAIN STUDIO CLASS SCHEDULE

MONDAY

9.15-10.00am	FITNESS YOGA
10.00-10.45am	AEROBICS & TONE
10.45-11.30am	PILATES - Over 50's Mixed level
11.40-12.25pm	PILATES - Over 60's REMEDIAL
5.45-6.45pm	PILATES – Women Only Int/Mixed
6.45-7.45pm	PILATES – Mixed Level
7.45-8.45pm	GPT – BODY CONDITIONING

TUESDAY

10.00-10.45am	DANCEFIT
10.45-11.00am	PILATES - Over 50's Beg/Mixed
6.00-7.00pm	YOGA - Vinyasa Flow
7.00-8.00pm	MAMAFIT PREGNANCY YOGA

WEDNESDAY

9.15-10.00am	FITNESS PILATES
10.00-10.45am	RETRO AEROBICS & TONE
10.45-11.30am	PILATES & STRETCH
12.00-12.45pm	OVER 60'S YOGA - Private Hire
2.00-3.00pm	TAI CHI - Private Hire
6.00-7.00pm	INTRODUCTION TO PILATES
7.00-8.00pm	PILATES – Mixed / Intermediate

THURSDAY

10.00-10.55am	PILATES - Mixed / Intermediate Level
11.00-11.45pm	MAMAFIT MUM & BABY YOGA/PILATES
12.00-12.45pm	OVER 60'S CHAIRFIT & YOGA
6.00-7.00pm	PILATES - Beginners
7.00-8.00pm	GPT - BODY CONDITIONING
8.00-9.00pm	PILATES – Mixed Level

FRIDAY

11.00-11.45am	YOGA
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MONTHLY CLASSES

7.30-8.30pm	GONG SOUND BATH
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WORKSHOPS

WEIGHT LOSS WORKSHOPS

PREGNANCY & LABOUR MASSAGE WORKSHOPS

ANTENATAL COURSES

YOGA WORKSHOPS

BOOK NOW



PLATINUMWELLNESS.CO.UK



UKPLATINUMWELLNESS

CLASS PRICES

PAYG & PASSES

STANDARD CLASSES

DAYTIME 45 MIN CLASSES & 1HR EVENING DANCEFIT

PAY AS YOU GO - PILATES & YOGA	£11
PAY AS YOU GO - AEROBICS / DANCEFIT	£10
4 SESSION DAYTIME PASS (Valid 8 weeks Save £6)	£38
8 SESSION DAYTIME PASS (Valid 16 weeks Save £16)	£72
4 SESSION AEROBICS PASS (Valid 8 weeks Save £6)	£34
8 SESSION AEROBICS PASS (Valid 16 weeks Save £16)	£64

PLATINUM CLASSES

1HR GPT / PILATES / YOGA & SPECIALIST CLASSES

4 SESSION PLATINUM PASS (Valid 8 weeks Save £8)	£44
8 SESSION PLATINUM PASS (Valid 16 weeks Save £24)	£80
PAY AS YOU GO	£13

SPECIAL OFFERS



TEEN & SPECIALIST CLASSES PAYG & PASSES

MAMAFIT CLASSES

MAMAFIT – PREGNANCY, POSTNATAL, MUM & BABY CLASSES

MamaFit Mum & Baby Pilates or Fitness

5 WEEK COURSE	£55
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PAY AS YOU GO	£13
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PREGNANCY CLASSES

5 WEEK COURSE (inc 25% off Massage)	£55
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TEEN / STUDENT PRICES

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

TEEN / STUDENT PAY AS YOU GO CLASS	£11
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5 TEEN CLASS PASS	£45
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10 TEEN CLASS PASS	£85
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DAYTIME MEMBERSHIPS

Daytime Memberships are for our daytime classes only . Your class allowance is refreshed every 4 weeks

DAYTIME 2 MEMBERSHIP

£60

2 Classes per Week (8 per month) for Daytime Classes Mon-Fri run by Platinum Wellness

DAYTIME 3 MEMBERSHIP

£84

3 Classes per Week (12 per month) for Daytime Classes Mon-Fri run by Platinum Wellness

DAYTIME 4 MEMBERSHIP

£99

4 Classes per Week (16 per month) for Daytime Classes Mon-Fri run by Platinum Wellness

DAYTIME UNLIMITED MEMBERSHIP

£120

Unlimited Daytime Classes Mon-Fri - Multi location use

*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
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5 Platinum classes per month (1 class per week)

PLATINUM 2	£72
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8 Platinum classes per month (2 classes per week)

PLATINUM 3	£90
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12 Platinum classes per month (3 classes per week)

PLATINUM 4	£110
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16 Platinum classes per month (4 classes per week)

PLATINUM UNLIMITED	£125
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Unlimited classes

PLATINUM JOINT MEMBERSHIP	£130
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18 Platinum classes per month for 2 people from the same household

ADD ON CLASSES

Standard £7.50

Platinum £8.50

Monthly Memberships are automatically renewed each month.

There is 3 month minimum sign up period. We require 31 days notice to cancel a membership in writing



REFORMER CLASS SCHEDULE

MONDAY

2.00-2.45pm LEVEL 1 - Beg/Improver 45
6.45-7.45pm LEVEL 1 - Beg/Improver 60
7.45-8.45pm LEVEL 1 - Beg/Improver 45

TUESDAY

9.15-10.15am BEGINNERS 45
6.00-6.45pm BEGINNERS 45
6.45-7.45pm LEVEL 1 - Beg/Improver 60
7.45-8.45pm LEVEL 1 - Beg/Improver 60

WEDNESDAY

8.00-9.00pm LEVEL 1 - Beg/Improver 45

THURSDAY

9.15-9.45am LEVEL 1 - Beg/Improver 45
12.00-1.00pm LEVEL 1 - Beg/Improver 60
6.00-7.00pm LEVEL 1 - Beg/Improver 60
7.00-8.00pm LEVEL 1 - Beg/Improver 60
8.00-9.00pm BEGINNERS 60

FRIDAY

9.15-10.15am LEVEL 1 - Beg/Improver 60

SATURDAY

9.00 -10.00am LEVEL 1 - Beg/Improver 60
10.00-11.00am BEGINNERS 60

**1:1 AND 2:1 SESSIONS
AVAILABLE TO BOOK AT
PLATINUMWELLNESS.CO.UK**

BOOK NOW



PLATINUMWELLNESS.CO.UK



REFORMER PILATES CLASS PRICE LIST

	60 MIN	45 MIN
4 Session Pass	£94	£76
6 Session Pass	£135	£110
8 Session Pass	£172	£136
PAY AS YOU GO*	£25	£20
MEMBERS PAY AS YOU GO	£21.50	£17.50

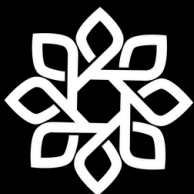
JANUARY OFFER

BUY A PASS & RECIEVE 15% OFF MATWORK PILATES PASSES

MEMBERS PRICE - Only for those who have a current Membership or Pass with us

*Only available 1 week beforehand

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

10.45-11.30am OVER 50'S PILATES - Mixed/Intermediate

11.40-12.25pm OVER 60'S PILATES - REMEDIAL

TUESDAY

10.00-10.45am DANCEFIT

10.45-11.30am OVER 50'S PILATES - Beginner/Mixed

WEDNESDAY

10.00-10.45am RETRO AEROBICS & TONE

10.45-11.30am PILATES & STRETCH

12.00-12.45pm OVER 60'S YOGA (PH)

2.00-3.00pm TAI CHI (PH)

THURSDAY

10.00-10.55am INTERMEDIATE PILATES*

11.00-11.45pm OVER 60'S AEROBICS - CHAIRFIT

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

CLUB 60 MEMBERSHIP DAYTIME MEMBERSHIPS

Memberships are automatically collected monthly – 3 month minimum term, 1 months' notice to cancel.

*Supplement of for Club 60 Membership PH - Private Hire - Book and pay direct with Instructor





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.

THURSDAY 11AM – MAMAFIT - MUM & BABY FITNESS & YOGA

TUESDAY 7PM – PREGNANCY YOGA

www.platinumwellness.co.uk/mamafit



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

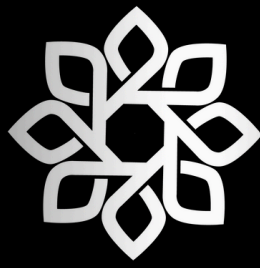
1 x 45min £40
5 x 45min £38
10 x 45min £37.50

60MIN SESSION

FROM
£46

OPTIONS

1 x 60min £55
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 & Paid)	£15
30-minute appointment	£30
45-minute appointment	£45
60-minute appointment	£55
60-minute Home Visit (dependent on mileage)	From £70
90-minute Home Visit (dependent on mileage)	From £95

PACKAGES

5 x 1hr sessions	£250
10 x 1hr sessions	£47.50
5 x 45min sessions	£200
10 x 45min sessions	£385
5 x 30min sessions	£140
10 x 30min sessions	£265



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

30 MIN BACK, NECK & SHOULDERS OR LEG	£32.50
45 MIN BACK, NECK & SHOULDER OR LEG	£42.50
60 MIN FULL BODY	£55
90 MIN FULL BODY	£85

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.

30 MIN TREATMENT	£35
45 MIN TREATMENT	£45
60 MIN TREATMENT	£60
90 MIN FULL BODY	£90
ULTRASOUND TREATMENT	£10
CONSULTATION*	£15

- | | |
|---|---|
| <ul style="list-style-type: none">• TREATMENT FOR INJURIES• BACK PAIN• ARTHRITIS• POSTURE RELATED PAIN• SPORTS INJURIES• REPETITIVE STRAIN INJURIES• JOINT PAIN | <ul style="list-style-type: none">• NECK & SHOULDER PAIN• PLANTAR FASCIITIS• SCIATICA• FROZEN SHOULDER• IMPINGEMENT SYNDROME• CARPAL TUNNEL SYNDROME• STRESS TENSION & HEAD ACHES |
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*Consultation price is deducted from cost of any treatment booked

3, 5 & 10 Session Packages Also Available

MASSAGE PACKAGES

	DEEP TISSUE	BODY MECHANICS
3 x 1hr sessions	£160	£172.50
5 x 1hr sessions	£260	£280
10 x 1hr sessions	£500	£550
5 x 45min sessions	£210	£210
10 x 45min sessions	£405	£405
5 x 30min sessions	£150	£150
10 x 30min sessions	£280	£280

MONTHLY MASSAGE MEMBERSHIPS*

1 x 1hr Monthly	£50	£55
2 x 1hr Monthly	£92	£100

*Minimum 3 month subscription



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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