

Rudd Fitness Coaching Pricing from 1st Nov 2024

Bootcamps Choose the plan that best fits your fitness journey:	Single Session - Perfect for those looking to drop in for a one-time workout. Get a taste of our dynamic bootcamp experience with no long-term commitment.	£10
	Monthly Subscription 1 per week - Stay consistent with a weekly workout! This plan includes one bootcamp session per week, offering flexibility and great value for those aiming to maintain a regular fitness routine.	£28
	Monthly Subscription unlimited sessions - For those serious about their fitness goals, enjoy unlimited bootcamp sessions each month. Maximize your progress and make the most of a full range of workouts with this all-access pass.	£50
Strength & Conditioning Achieve your fitness goals with personalized, 1:1 training sessions tailored to your needs:	Single 1:1 Session - Perfect for those seeking a single, focused training session. Benefit from one-on-one coaching designed to target your individual goals and improve strength and conditioning.	£50
	** Package of 4 1:1 Sessions - Commit to consistent progress with a package of four personalized sessions. Ideal for those looking to build strength and fitness over the course of multiple, expertly guided workouts.	£180
	** Package of 5 1:1 Sessions - Take your training to the next level with five dedicated sessions. This package offers great value for those committed to making significant improvements in their strength and conditioning.	£225
Training Plans Optimize your fitness journey with our tailored training plans:	Monthly Subscription - Gain access to a personalized training plan designed to meet your fitness goals. This subscription is perfect for those looking for structured guidance and progress tracking.	£50
	Monthly Subscription + Bootcamp - Combine the power of a personalized training plan with bootcamp sessions! Enjoy structured workouts and the added intensity of bootcamp training for a complete fitness experience.	£74
	1:1 Strength & Conditioning session with Training Plan Subscription - Enhance your training plan with focused, one-on-one Strength & Conditioning sessions at a discounted rate. This option provides personalized coaching to help you achieve even greater results.	£35
Fitness Assessment	1:1 Session - This one-hour session evaluates your current fitness level, helping to identify strengths and areas for improvement. Proving you with tailored recommendations to help you set achievable goals and create a plan for success. Perfect for those looking to begin or refine their fitness journey with expert guidance.	£45

* 1:1 S&C and Bootcamps are all 1 hour sessions

** S&C Packages can be used over a 3 month period