

Less is More Weight Loss Package

12 weeks

- 3 x 1 hour Personal Training Sessions per week 36 in total
- 1 x 1 hour Bodywork session per month 3 in total
- 1 x 1 hour Coaching session per month 3 in total
- 1 x 1 hour Nutritional Assessment 1 in total
- Phase 1, 2 and 3 Personalised Nutritious Low Cal Meal Plans w/suggested supplements
- 1 x 1 hour Nutritional Education class 1 in total
- 1 x 1hour Food Prep Class 1 in total

A Personal Shopper is available at an extra charge to arrange your new wardrobe for the new you! Healthy Meal delivery is also available at an extra charge.

All classes should ideally be completed 12 weeks from start date for best results. Otherwise , all services must be completed 5 months from start date. All listed packages services must be used within 7 months from date of package purchase, unless written permission is given to extend package completion deadline.