

TONBRIDGE SCHOOL CENTRE

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Personal Training

We are pleased to inform you that Personal Training is now available at the centre.

Personal Training is the perfect way to maximise your results and training. Each session will be a minimum of 1 hour and together with your trainer, you can work specifically towards your health and fitness goals. You will also have the option of diet and nutrition advice.

Personal Training can be booked as a single session or in a block 10 sessions (buy 9 get 10th free)

If you require any more details on Personal Training please speak with a receptionist.

Alternatively if you wish to book in for your free consultation, please speak to reception.

