



*Rogue Fitness
Services & Pricing
2017*

PERSONAL TRAINING

One to One

- Per Session: €50 (Pay as you Go)
- 6 Sessions: €270 / €45
- 12 Sessions: €510 / €42.50
- 16 Sessions: €640 / €40

Buddy Training (2 People)

- Pay as you Go: €60 / €30 per person
- 6 Sessions: €330 / €55 (€27.50 per person)
- 12 Sessions: €600 / €50 (€25 per person)
- 16 Sessions: €720 / €45 (€22.50 per person)

Trio Training (3 People)

- Pay as you Go: €70 / €23.33 per person
- 6 Sessions: €360 / €60 (€20 per person)
- 12 Sessions: €660 / €55 (€18.33 per person)
- 16 Sessions: €800 / €50 (€16.67 per person)

All One to One, Buddy & Group Personal Training Packages Include:

- General nutritional guidelines & healthy eating plan
- Regular measurements of your biometrics (weight, body fat etc.)

The logo for Rogue Fitness features the words "Rogue" and "Fitness" in a stylized, cursive font. The text is filled with a vibrant, multi-colored pattern of small dots and speckles, resembling a starry night sky or a galaxy. The "R" in "Rogue" is particularly large and prominent. Below the word "Fitness", there is a decorative, curved flourish that tapers to a point on the right side.

FITNESS CLASSES

- Pay as you go €12 per class
- 5 class pass for €50
- 10 Class Pass for €90
- Open Gym €12

Dedicated Fitness centre and Private Parking at Farm Lane
OR Become a member for benefits such as courses, workshops, and discounts from our partners

MEMBERSHIP PACKAGES

- 6 Month 3 Classes/Week DD €95.00 (€7.91 per class)
- 12 Month 3/Week DD €80.00 (€6.15 per class)
- 6 Months Unlimited DD €125
- 12 Month Unlimited DD €100.00

ROGUE RECRUITS

- 30 Day New Starters Programme - €125
- 3 Fitness Classes/Week
- Rogue Recipe's Nutritional Booklet

BODY TRANSFORMATION PACKAGES

6 WEEK WEIGHT LOSS - €360

- 3 x 30 Minute Personal Training sessions per week
- Extra Online HIIT Workouts in the privacy of your own home
- Specific nutritional guidance and online food diary tracking
- Before & after pictures (optional)
- Weekly Measurement & Progress Check

BESPOKE NUTRITION – TAILORED NUTRITIONAL PLANS

- Analysis of current diet and lifestyle
- Personalized nutritional plan
- Online food diary tracking & feedback
- 4 x 30 minute meetings where measurements are taken, discussion of diet & any adjustments required can be made
- Full access to a designated nutrition coach via email where any queries will be answered

Price Available on Request

The logo for Rogue Fitness is written in a stylized, cursive font. The letters are filled with a dark, textured pattern of small, colorful specks in shades of purple, blue, and black, giving it a metallic or 'glitter' appearance. The word 'Rogue' is on the top line and 'Fitness' is on the bottom line, with a decorative flourish extending from the bottom of the 's' in 'Fitness'.

HEALTH & LIFESTYLE MANAGEMENT PROGRAMS

ROGUE HEALTH

Our unique health & lifestyle management program which provides disease prevention & management services to chronic health conditions such as Obesity, High Cholesterol, Hypertension & Type 11 Diabetes.

- Doctor informed program
 - Personal eating plans, adhering to scientifically proven dietary approaches.
 - Personal exercise / activity plan
 - Daily remote tracking and adherence monitoring of your activity and eating plan
 - Regular monitoring of Biometric Markers and Progression (BMI, Body Fat, Weight Loss)
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- Weekly 1 on 1 mentoring session with your health coach

€65 per Week

€480 for 8 weeks / One off Payment

€660 for 12 weeks / 3 * Monthly Payments

ROGUE RESTORE – PAIN & INJURY CLINIC

Whether you are looking for a subsidence in chronic pain, sports performance improvement or maintenance, injury prevention/rehabilitation or treatment of a chronic ache or niggle, our experienced hands on therapists can apply a range of techniques that will help you stay at your best. We focus on wholebody assessment, treatment, rehabilitation and restoration of movement with one to one treatment and aftercare.

We Offer:

- Postural and Movement Analysis
- Neuromuscular Therapy
- Conditioning for Sport/Activity
- Sports/Deep Tissue Massage
- Soft Tissue and Myofascial Release

Initial Consultation and Assessment

€65 Non Member

€50 Rogue Fitness Member

Treatment

€50 Non Member

€40 Rogue Fitness

For more information on any of our services listed, or if you require a service that we can tailor to your individual needs do not hesitate to contact us on:

Rogue Fitness, Farm Lane:

(021) 4777 538

info@roguefitness.ie

www.roguefitness.ie

Rogue Restore Pain & Injury Clinic, The Granary, The Glen:

(021) 4777 538

info@restoremovement.ie

www.restoremovement.ie



Fitness at the Heart of Kinsale

Rogue Fitness is a way of life. It's about making long-term, sustainable lifestyle changes, creating a lifestyle of health and happiness through a no nonsense approach to exercise and nutrition.

In Kinsale since 2005, we have two state of the art facilities where we deliver: Personal Training (Private & Semi Private) and Fitness Classes (All Ages - All Levels - Men & Women) .

We have an expert team setting industry standards. We are not about the latest fads and trends, but tried and tested methods where your goals always remain at the heart of what we do.

We are fundamentally about people and helping you to achieve happiness and fitness in a fun and enjoyable way.

We are results focused supporting you on your journey to achieving your goals and desires.

Everyone that steps through our doors is unique and knowing this is one of the main reasons why we get such great results, and have welcomed so many people in to the Rogue Family.

Welcome to Rogue Fitness,
We can't wait to meet you!

Sylvia