



## SERVICES & PACKAGES

### FARM LANE TRAINING CENTER (*Personal Training & Fitness Classes*)

#### 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

All One to One Packages Include:

- *60 mins one on one with your trainer (Semi – Private)*
- *Rogue Fitness nutritional guidelines designed to help you achieve long-term sustainable lifestyle changes*
- *Food diary tracking & ongoing advice on nutrition based on your goals*
- *Weekly weigh-ins & bi-weekly body fat measurements based on your goals*

##### **Buddy Training (2 People)**

Work out with your buddy and share the price with our buddy personal training packages.

- 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)

Buddy & Trio Packages Include:

- *60 mins one on one with your trainer (Semi-private)*
- *Rogue Fitness nutritional guidelines designed to help you achieve long-term sustainable lifestyle changes*
- *Ongoing advice on nutrition & exercise based on your goals*
- *Weekly weigh-ins & bi-weekly body fat measurements*

### **30 MINS PERSONAL TRAINING SESSIONS**

Dedicating an hour of your day to exercise isn't always an option. Our 30 mins packages ensure that you can conveniently and effectively enjoy the benefits of exercise. 30 minutes, 2-3 times a week with us is all you need. Consistency is key.

- 6 x 30 minute sessions for 180 euro (30 euro per session)
- 12 x 30 minute sessions for 330 euro (27.50 euro per session)
- 16 x 30 minute sessions for 400 euro (25 euro per session)

All 30 mins Packages Include:

- *30 mins one on one with your trainer (Semi – Private)*
- *Rogue Fitness nutritional guidelines designed to help you achieve long-term sustainable lifestyle changes*

### **The 6-Week Transformation Package**

A 6-week balanced program expertly designed to help you achieve both sustainable and enjoyable lifestyle changes. Perfect if your goal is to lose weight, tone up and increase your fitness levels.

- 18 \* 30 mins personal training sessions (3 \* 30 mins per week)
- Specific nutritional plan
- Ongoing advice on nutrition & exercise based on your goals
- Weekly weigh-ins & bi-weekly body fat measurements

This package ends after 6 weeks from start time.

- Price €360 – payment upfront or
- Two installments of €195

## **FITNESS CLASSES**

- Pay as you go €12 per class
- 5 class pass for €48.00
- 10 Class Pass for €90
- Open Gym €10

## **FITNESS CLASSES - MEMBERSHIP PACKAGES**

Become a member for our best price and benefits such as courses, workshops, and discounts from our partners!

- 3 Months / 3 Classes Week - €295
- 3 Months / Unlimited - €385
  
- *6 Months / 3 Classes/Week DD - €95.00 (€7.91 per class)*
- 6 Months / Unlimited DD - €125.00
  
- *12 Month 3/Week DD €80.00 (€6.15 per class)*
- 12 Month Unlimited DD €100.00
  
- Open Gym €10
  
- ✓ *Easy pay direct debit*
- ✓ *Exclusive member discounts*
- ✓ *Best value packages*
- ✓ *Private parking - Farm Lane*

## PRIVATE GYM AT THE GLEN

### ***(Private Personal Training, Health & Lifestyle Programs, Rogue Restore)***

#### PRIVATE PERSONAL TRAINING

Our exclusive gym at The Glen offers you a private, professional, welcoming and relaxing atmosphere. The gym itself is booked for just yourself and your trainer so you have an uninterrupted session. This one on one approach means that the focus is on you and your goals only for the duration of the session.

We cater for all clients from the complete gym novice to the advanced athlete. Unlike some intimidating gyms and health clubs we deliver an experience that is both unique, personalized and delivers amazing results rapidly and safely!

- Per Session: €60 (Pay as you Go)
- 6 Sessions: €330 / €55
- 12 Sessions: €630 / €52.50\*
- 16 Sessions: €800 / €50\*

\* Can be paid for in two installments

All One to One Packages Include:

- *60 mins one on one with your trainer (private gym)*
- *Rogue Fitness nutritional guidelines designed to help you achieve long-term sustainable lifestyle changes*
- *Food diary tracking & ongoing advice on nutrition based on your goals*
- *Weekly weigh-ins & bi-weekly body fat measurements based on your goals*

#### **Buddy Training (2 People)**

Work out with your buddy and share the price with our buddy personal training packages.

- 6 Sessions: €360 / €60 (€30 per person)
- 12 Sessions: €660 / €55 (€27.50 per person)\*
- 16 Sessions: €800 / €50 (€25 per person) \*

\* Can be paid for in two installments

## **ROGUE HEALTH – HEALTH & LIFESTYLE PROGRAM**

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 consulted program
- Personal & specific eating plans for weight loss, diabetes II, high cholesterol & high blood pressure
- Daily remote tracking and adherence monitoring of your eating plan (online food diary)
- Ongoing advice & mentoring on your nutrition and exercise with your health coach
- Regular monitoring of Biometric and Progression (BMI, Body Fat, Weight Loss Progress etc.)
  
- Per Session: €70 (Pay as you Go)
- 6 Sessions: €390 / €65
- 12 Sessions: €720 / €60\*
- 16 Sessions: €880 / €55\*

\* Easy Payment Plan Optional

## **RESTORE MOVEMENT – PAIN & INJURY CLINIC**

*Whether you are looking for a subsidence in chronic pain, sports performance improvement or maintenance, injury prevention/rehabilitation or just some relaxation after an intense workout, our experienced hands on therapists can apply a range of techniques that will help you stay at your best. We focus on prevention, assessment, treatment and rehabilitation of injury and restoration of mobility with one to one treatment and aftercare.*

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

€50 / Non Member

€40 / Rogue Fitness Member

## **REGISTER FOR YOUR COMPLIMENTARY CONSULTATION**

Come in and have an informal chat with one of our experts regarding your health and fitness needs. Simply book online and start your journey today.

<http://roguefitness.ie/fitness-personal-training-cork/comp-pt-session>

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[www.roguefitness.ie](http://www.roguefitness.ie)

<https://www.facebook.com/fitnessclassescork/>