

Personal Training
Gym | Class
PATHWAY

KEEP *Mums* FIT

At Kate Campbell Fitness we have embraced a NEW Hybrid Model which means a flexible approach to fitness.

Train ANYWHERE | ANYTIME | ANYWAY

The aim is to deliver safe effective exercises and to give you expert knowledge of how to nurture your body through out this exciting time in your life.

Our programmes and pathway will allow you to feel confident knowing the correct exercises to do during each stage of your pregnancy and the postnatal period. Your body deserves respect and the options we provide have been developed to give you choice, enabling you to decide on one or a combination of services that best suits your immediate needs and long-term goals.

You may wish to have 1-1 with Kate initially then move onto the antenatal skills for birth class,, subscribing to on demand classes to complement your training at home.

Look at the options and if you need further guidance [contact us for a chat.](#) We are always happy to help.

KEEP *Mums* FIT

PROGRESSIVE PRE AND POSTNATAL PATHWAY

PREGNANCY WELLBEING

SPECIALIST PREGNANCY
WELLBEING Assessment

£0

PREGNANCY FOCUS ON
CHANGE PERSONAL TRAINING

£99

ANTENATAL EXERCISE &
SKILLS FOR BIRTH CLASS
[6 WEEK Block booking]

£80

PAYG available from 36 weeks

PERSONAL EXERCISE PROGRAM
CREATED If you attend another
gym or wish to train at home

£98

PREGNANCY ON DEMAND
WORKOUT LIBRARY

£25

POSTPARTUM REHABILITATION

SPECIALIST EARLY POSTNATAL
WELLBEING
Assessment

£0

CORE CONNECTIONS
Pelvic Floor and Core rehab

£47

POSTNATAL 6 WEEK
FOUNDATION COURSE

£80

CORE REHAB & STRENGTH
FOCUS ON CHANGE
PERSONAL TRAINING

£99

RESTORE & PROGRESS
12 x 1-1 Personal Training

£160
month

One off payment available

CLASS PROGRESSION

FITNESS ON DEMAND
WORKOUT LIBRARY

*£25

Cancel anytime

FOCUS ON FITNESS *FLEX*
Zoom | Live | Gym

*£30

Cancel anytime

POSTNATAL POWER

£7

PAYG or Class pack

BUGGY BOOTCAMP

£42

Seasonal

* FITNESS ON DEMAND AND FOCUS IN FLEX AVAILABLE FOR BOTH PRE AND POSTNATAL CLIENTS

FREE

Specialist Early Wellbeing Assessment

- ♥ 30 Minute 1-1
- ♥ Full Postnatal Screen
- ♥ Practical abdominal assessment
- ♥ Postural Assessment
- ♥ Education and Advice
- ♥ Written report and recommendations
- ♥ Google review asked for

FREE

Recommended

CORE REHAB & STRENGTH

From 6 weeks postpartum
Rehabilitation experience

- ♥ One off payment
- ♥ Full Postnatal screen
- ♥ 3 1-1 sessions 1 PER week
- ♥ Practical abdominal assessment
- ♥ Load and impact practical assessment
- ♥ Education and Advice
- ♥ Comprehensive PDF exercise and nutrition guide
- ♥ Video demonstrations to accompany the program
- ♥ Access to the gym and classes for the length of the program

£99

Most Popular

RESTORE FLEXI TRAINING

From 6 weeks postpartum
Restore and Reconnect

- ♥ One off Discounted payment
- ♥ No Contract
- ♥ Full Postnatal screen
- ♥ 12 sessions
- ♥ Can attend more than once a week
- ♥ Practical abdominal assessment
- ♥ Load and impact practical assessment
- ♥ Education and Advice
- ♥ Comprehensive PDF exercise and nutrition guide
- ♥ Video demonstrations to accompany the program

£499

Best Value

STRENGTH & PROGRESSION

Rebalance
Fully Restore and Progress

- ♥ 3 month Rolling contract
- ♥ Cancel after 3 months
- ♥ One 1-1 session a week [12 sessions]
- ♥ Full Postnatal PF and core screen
- ♥ Load and impact and postural practical assessment
- ♥ Education and Advice
- ♥ Nutritional Guidance
- ♥ Comprehensive 12-week PDF exercise and nutrition guide and online support
- ♥ Personalised Plan
- ♥ Massage therapy
- ♥ Up to 15 % discount on other services and products

£160 per month
*PRO £175 per month

N.B All PT Sessions and classes will convert to online in the event of closure
***PRO includes full access to the gym (with baby) online and face to face classes**