



Katie Rafferty

QUALIFICATIONS

- BSc Applied Sport Science (Hons)
- REPS Level 3 Personal Trainer
- Group exercise instructor

SPECIALISED AREAS

- Fat loss
- Nutrition
- Improving fitness
- Lifestyle change

I will inspire, motivate and educate you during your health and fitness journey. Through specifically designed **personal training sessions** and/or a **personalised training programme**, I will be dedicated to helping you reach your health, fitness and nutritional goals.

GET IN TOUCH for more information or to book your **FREE initial personal training consultation NOW!**

- **SINGLE PERSONAL TRAINING SESSION - £30** (60mins)
- **5 PERSONAL TRAINING SESSION CARD- £130**

- **SINGLE PERSONAL TRAINING "bring a friend" SESSION- £20pp** (60mins)
- **5 PERSONAL TRAINING "bring a friend" SESSION CARD- £85pp**

- **PERSONALISED 6 WEEK TRAINING PROGRAMME- £40** (price includes one personal training session to fully explain programme, an electronic copy of programme and exercise description sheet. 6 week reviews and new programmes £30 thereafter.)

- **NUTRITIONAL GUIDANCE & PLAN-£45** (get in touch for more details)

Website- www.raffitpersonaltraining.wordpress.com

Email- raff.fit.personaltraining@gmail.com

Facebook- *RAFF FIT Personal Training*

Contact No. - 07807994835