



PERSONAL TRAINING

SINGLE 1 MONTH MEMBERSHIP PACKAGES

Package to be consumed within 30 days.
12 hrs CANCELLATION POLICY.
Packages Include Nutritional Coaching and an
Online Wellness Pack.

1 SESSION A WEEK

- 30 mins = €60 per month
- 1 hour = €120 per month

2 SESSIONS A WEEK

- 30 mins = €120 per month
- 1 hour = €215 per month

3 SESSIONS A WEEK

- 30 mins = €168 per month
- 1 hour = €336 per month

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HORMONAL BALANCE

ONE TO ONE CONSULTATION

- **60-Minute Session €50**

I'll get a full picture of your symptoms, lifestyle, sleep, nutrition, stress — then I'll guide you on the most effective next steps for fat loss and hormonal balance.

SPECIALISED HORMONAL PERSONAL TRAINING

- **Twice a week (8 per month) €248**

Awakening your body and proper form, improve your energy levels, increase fat burning and your metabolic drive!

Nutrition for hormones and meal plans included

SERENE PERI-MENOPAUSE ACADEMY

- **€111/month for 4 months**
- **€355 paid in full (save €89)**

Where women become the CEO of their own body. Perimenopause isn't the end of your body feeling like yours — it's the moment you finally understand it. More knowledge = more freedom. Less symptoms to hold you back.
Nutrition included.

GROUP CLASSES

Single Session: €12

Weekly Class Options:

1 Class/Week: €40/month

2 Classes/Week: €75/month