

# HORMONAL BALANCE



with  
**DNG**  
Fitness  
& Personal Training  
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## 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

## 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**