



Exclusive Personal Training at Bryn Tanat Wellness

with Kate Oakley, Level 3 Personal Trainer



These packages are put together to offer high quality training with full accountability. They can all be tailored to your goals whether you have fitness, performance or fat loss in mind. Both, The KO Simple Plan and The KO Complete Plan, combine fitness, nutrition and motivational coaching. The KO Complete Plan sets you up in the best possible way to make good habits and achieve the best results. Kate is really passionate about balance in life, so all packages will be built to fit with your lifestyle.

Suitable for men and women - of all ages and fitness levels - who are ready to learn about fitness and nutrition and make a long-term change to their health and fitness.

Due to the bespoke nature of the packages, there are only an exclusive number of packages available. For those that can't commit to a monthly plan, there are a limited number of ad-hoc sessions available.

For any questions or bookings, please contact kate@kateoakley.com

Limited number of spaces available on all packages. Subject to terms and conditions and a cancellation policy. Gym membership is an additional charge payable to Bryn Tanat Wellness.

Bryn Tanat Wellness

The KO Complete Plan - Online and face-to-face

For full accountability and long-term success, this complete package provides the tools you need to achieve your goals and maintain a healthier lifestyle in the long term.

This package combines fitness, nutrition and motivational coaching. It's built to create good habits while remaining flexible to fit into your lifestyle.

- 30-minute meeting, phone call or questionnaire before committing to answer any questions and make sure it's right for you
- 1 x face-to-face 60-minute of PT per week (worth £30 per session)
- 1 x additional online programmed session per week
- Comprehensive but jargon-free document covering training principles and a guide to nutrition
- Postural analysis to ensure the programme accounts for any muscle weaknesses or injuries (subject to advice from medical professional)
- Weekly food diary review and guidance
- Weekly check-in to keep you on track
- App to track nutrition, training and progress
- App features videos of each exercise
- Additional workouts and resources based on strength, flexibility, cardio and nutrition.
- Access to community page
- Messaging service to ask questions
- Monthly challenge
- And more...

Monthly rolling contract of £140 per month.

For best results, we would recommend a 3-month minimum commitment.

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The KO Simple Plan - Online Only

Personal training in your pocket. Your programme is personalised to cater for your requirements and help you reach your goals. Accessible from a user-friendly app, you can see videos of exercises, so you can be confident in the gym.

You'll also receive weekly reminders to keep you on track and have the opportunity to ask questions directly within the app.

Your programme can also be tailored for home use if required.

- No face-to-face time
- Bespoke training plan based on in depth questionnaire
- Videos to show exercises
- PDF guide covering training principles and a guide to nutrition
- Weekly messaging to keep you on track
- Training programme refreshed monthly
- Weekly food diary review
- Messaging service to ask questions
- Access to app where you can view and track your training, nutrition and progress.

Monthly rolling contract of £40 per month.

For best results, we would recommend a 3-month minimum commitment.

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The KO Flex Plan - Face-to-face Only

These sessions can be booked on an ad-hoc basis. Limited availability, advanced booking advised.

- Sessions are 60 minutes
- Completely bespoke to your needs and goals
- Can combine both strength and cardio training depending on your goals

£30 per session

Minimum of 4 sessions recommended.

Pay-as-you-go.

Bryn Tanat Wellness

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