

Fitness & Lifestyle Menu

Introductory offer valid until June 2025

Your journey begins with a **30-minute** introduction, where our coach reviews your health questionnaire (sent beforehand), current exercise routine, available time, and how an achievable plan fits into your lifestyle. You'll also complete a series of exercises to assess aerobic fitness, strength, and flexibility.

In a **60- or 90-minute** one-to-one session, the coach guides you through exercises tailored to your needs, refining techniques to help you get the most out of each workout.

A **30-minute** departure session builds a personalised workout plan with specific exercises to support your long-term fitness goals. The coach will ensure you're performing them safely and effectively while also discussing diet, sleep, and healthy habits to enhance overall wellbeing.

Online **30-minute** check-in mentoring sessions keep you motivated, track progress, and adjust goals as your fitness improves.

Our approach is about lifelong wellbeing—helping you stay physically and mentally prepared for daily life, optimising not just lifespan but health span. We offer more than a standard gym experience, focusing on holistic health.

If you enjoy good food, living a happy life, and feeling great about yourself, we believe our holistic approach is the one for you.

Fitness & Lifestyle Introduction

30 minutes - £30 per person

Your session includes a discussion to assess your routine, goals, and challenges, creating a tailored plan with exercise and wellbeing practices. A light guided demonstration provides practical steps for daily life. A follow-up session is recommended to refine your plan further.

Fitness & Lifestyle Training Session

60 minutes - £60 (max 2 people)

Once you have completed your fitness and lifestyle introduction, you can then book a one-to-one training session. This session will be active and tailored to you, featuring a guided workout focused on the exercises and techniques agreed upon during your consultation.

Couples Fitness & Lifestyle Introduction

60 minutes - £60 per couple

This couples' introduction explores your routines, shared goals, and challenges, creating a tailored plan with exercise and wellbeing practices. A guided demonstration provides practical steps for daily life. A follow-up training session is recommended to refine your plan further.

Fitness & Lifestyle Training Session

90 minutes - £90 (max 2 people)

For a more comprehensive training session we highly recommend a 90 minute one to one. Once you have completed your fitness and lifestyle introduction, you can then book a one-to-one training session. This session will be active and tailored to you, featuring a guided workout focused on the exercises and techniques agreed upon during your consultation.

Fitness & Lifestyle Departure Consultation

30 minutes - £30 per person

Before you depart, take a moment to reflect, and review the goals and intentions for fitness and lifestyle journey. Book a final one-to-one fitness and lifestyle consultation with our expert coach to finalise your tailored fitness plan.



Scan the QR code to learn
more online.

What is a Fitness & Lifestyle Introduction and Consultation?

A Scarlet fitness and lifestyle consultation is a personalised one-to-one session focused on improving strength, mobility, and well-being. Led by our expert coach, it's tailored to your needs- whether building strength, enhancing flexibility, managing stress, or resetting your routine. You'll receive clear guidance on breathwork, movement, and lifestyle habits to help you feel stronger, balanced, and in control of your health.

What is a Fitness & Lifestyle Training Session?

A fitness and lifestyle one-to-one training session is a personalised coaching session designed to improve your overall well-being through a combination of fitness guidance and lifestyle coaching. Unlike a standard workout session, it goes beyond just exercise, incorporating elements like mobility, strength, breathwork.

Fitness & Lifestyle Mentoring Session

30 minutes £30 per person

Stay on track, refine your goals, and optimise your progress with a tailored one-to-one online fitness and lifestyle consultation. Designed to continue to support and guide you, this check-in session is an opportunity to:

- **Review your progress** – Celebrate your successes and reflect on areas for growth.
- **Refine your training plan**- Adjust exercises, intensity, or focus areas to align with your evolving needs.
- **Make modifications**- Tweak your routine based on lifestyle changes, energy levels, or new objectives.

Whether you're looking to stay motivated, break through a plateau, or simply ensure you're on the right track, this session is all about you and your wellbeing.

What does a Training Session Typically Include?

- **Fitness Coaching**-Tailored exercises to improve strength, mobility, flexibility and endurance.
- **Lifestyle Guidance**- Discussions on sleep, nutrition, daily movement and stress management
- **Breathwork and Mindfulness**- Techniques to improve focus, relaxation, and overall energy levels.
- **Personalised Strategy**- Practical, actionable steps to integrate healthier habits into your daily life.
- **Ongoing Support**- Recommendations for maintaining progress beyond the session.

This session is designed to help guests feel stronger, more balanced, and in control of their well-being.