



MATT ROBERTS
LONDON

Gift Voucher Menu

Fitness assessment and personal training session

The perfect gift for anyone who wants to kick start their new year. 90 minutes

£100

Fitness MOT

Includes 1 hour fitness and functional performance assessment, 30 minute physiotherapy screening, 30 minute dietary analysis with registered dietitian – the ideal starting point for someone looking to improve their lifestyle or refresh their routine

£180

Fitness MOT & 10 personal training sessions

Give your loved ones the chance to make a real difference to their health and fitness and to achieve their New Year fitness goals

£750

Biomechanical Analysis

Perhaps your loved one has entered a sporting event next year and would benefit from some help with their training, or maybe you know someone who has been injured and wants to know how to return to exercise. Our advanced video analysis and muscular assessment techniques can help people of all fitness levels to bring their body back to equilibrium, improve their training, prevent injury and see better results.

1 hour analysis and 30 minute follow-up

£150

Sports Massage

A great gift for anyone who needs to untangle their muscles and start the New Year refreshed

1 hour

£60

