



Redefine your goals.  
Redefine your life.

Take back control  
of your health!



• Release • Restore • Reset •

## ACCELERATE YOUR FITNESS RECOVERY



- Small Group and 1-to-1 Physio-led Personal Training for a safe and effective return to exercise.

### GROUP PT INTRO PACKAGE **£95**

- ✓ Fitness Recovery assessment
- ✓ Three 45-minute small group fitness recovery training sessions
- ✓ Access to MD Therapy online coaching

### 1-TO-1 PT INTRO PACKAGE **£135**

- ✓ Fitness Recovery assessment
- ✓ Three 60-minute 1-to-1 fitness recovery training sessions
- ✓ Access to MD Therapy online coaching

**BOOK YOUR ASSESSMENT TODAY!**

**ONLINE COACHING PLANS ALSO AVAILABLE  
STARTING FROM £75 /MONTH**



# 6 WEEK

TOTAL BODY TRANSFORMATION

# CHALLENGE

## OUR AWARD-WINNING BODY TRANSFORMATION PROGRAMME FEATURES:

### TRAINING

3X 45MIN SMALL GROUP  
TRAINING SESSIONS PER WEEK

FITNESS ASSESSMENT

PERSONALISED WORKOUTS

### NUTRITION

PERSONAL NUTRITION PLAN

RECIPES & MEAL PREP GUIDES

### RECOVERY

2X 45MIN DEEP TISSUE MUSCLE  
RECOVERY MASSAGE SESSIONS

MOBILITY ASSESSMENT

PERSONAL STRETCH ROUTINE

### ACCOUNTABILITY

STUDIO CHECK-IN AT WEEKS 3 & 6

ACCESS TO ONLINE COMMUNITY

## GET STARTED TODAY FOR ONLY

\*MINIMUM DEPOSIT OF £99 REQUIRED TO CONFIRM YOUR SPACE

# £497\*

**APPLY NOW**

\* Monthly Group Training memberships available from £125pm after initial 6 weeks

# GROUP PERSONAL TRAINING

## EXCLUSIVE MEMBERSHIP **PACKAGES**



### MD KICKSTART

#### 8 SESSIONS PM

8X 45MIN GROUP PERSONAL TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE

**£125**  
MONTHLY

### MD EXCEL

#### 12 SESSIONS PM

12X 45MIN GROUP PERSONAL TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE

**£175**  
MONTHLY

### RECOVERY PACK

#### ESSENTIALS

RESISTANCE BAND

FOAM ROLLER

YOGA MAT

WATER BOTTLE

**£75**

\* INCLUDED WITH ANY  
3 OR 6 MONTH PACKAGE

**PAY 3 OR 6 MONTH'S UPFRONT  
AND SAVE 15% ON YOUR PERSONAL TRAINING PACKAGE**

# 1-TO-1 PERSONAL TRAINING

EXCLUSIVE MEMBERSHIP **PACKAGES**



## SILVER PACK

**4 SESSIONS**

4X 60MIN PERSONAL  
TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE

**£175**  
MONTHLY

## GOLD PACK

**8 SESSIONS**

8X 60MIN PERSONAL  
TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE

**£325**  
MONTHLY

## PLATINUM PACK

**12 SESSIONS**

12X 60MIN PERSONAL  
TRAINING SESSIONS

PERSONAL WORKOUT PLAN

NUTRITION GUIDANCE

**£475**  
MONTHLY

**PAY 3 OR 6 MONTH'S UPFRONT  
AND SAVE 15% ON YOUR PERSONAL TRAINING PACKAGE**

# PAIN FREE PERFORMANCE

RELEASE PAIN AND GET BACK TO PERFORMING AT YOUR BEST

Reach new goals with our pain free performance training packages!\*



## ACCELERATOR

6 PT SESSIONS

+

3 TREATMENTS

6X 60MIN 1-TO-1 PERSONAL TRAINING SESSIONS

3X 60MIN PHYSICAL THERAPY SESSIONS

**£525**

(£195 /MONTH)

## LEVEL UP

9 PT SESSIONS

+

6 TREATMENTS

9X 60MIN 1-TO-1 PERSONAL TRAINING SESSIONS

6X 60MIN PHYSICAL THERAPY SESSIONS

**£845**

(£315 /MONTH)

## PERFORMANCE

12 PT SESSIONS

+

9 TREATMENTS

12X 60MIN 1-TO-1 PERSONAL TRAINING SESSIONS

9X 60MIN PHYSICAL THERAPY SESSIONS

**£1195**

(£445 /MONTH)

ALL PAIN FREE PERFORMANCE PACKAGES INCLUDE:

- PERSONAL WORKOUT PLAN - NUTRITION GUIDANCE - MONTHLY FITNESS ASSESSMENT -

**JOIN US NOW**

\* Sessions must be used within 3 months. Pay monthly option over 3 payments.



0141 260 9062



mdtherapy.uk



148 West Regent Street,  
Glasgow, G2 2RQ

# DNA Health



## DNA + Health Insights

Looks at 126 health areas with over 300 + genetic outcomes which covers genetic traits or predispositions alongside a practitioner's report, including:

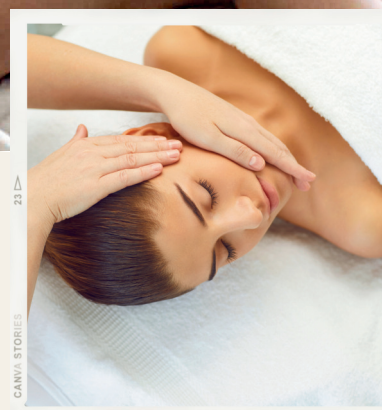
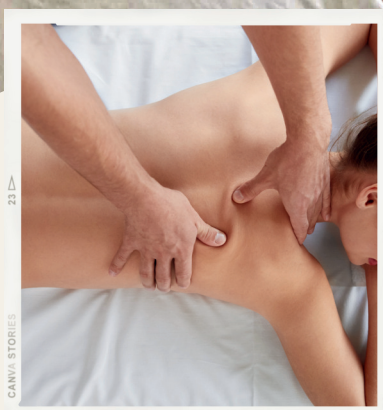
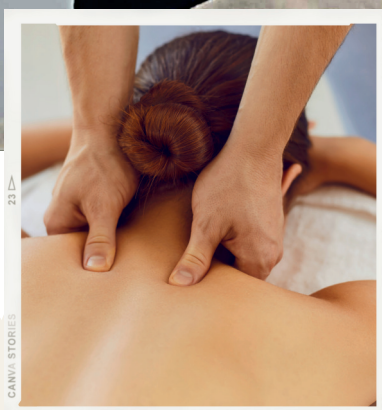
- Sports/Physical & Injury Risk
- Diet & Nutrition
- Vitamins & Supplements
- Stress & Mental Health
- Eye Health
- Sleep
- Anti-ageing & Longevity
- Gut Health
- Muscle Health & MSK Risk
- Immunity and Inflammation
- Skin Health & Beauty
- Intolerance and Sensitivities
- Heart Health

## DNA12

**A new, personalised monthly health assessment to help engage and retain your clients, giving greater interaction and better Return on Investment.**

- Cardiac Risk
- Fatigue and Ageing
- Male/ Female Hormones
- Lung, Kidney, Hair and Liver Health
- Skin and Intolerances/ Sensitivities
- Neuro Health and Psychological Traits





Discover

  
signature Therapy

Unlock your body's potential with our exclusive **Signature Therapy** — an advanced, integrative approach designed to enhance mobility, reduce pain, and promote long-term healing.

Combining the best of **manual therapy, osteopathic spinal manipulation, deep tissue remedial massage, dynamic stretches,** and **targeted exercises, Signature Therapy** is tailored to meet the unique needs of athletes and individuals experiencing back pain, chronic health conditions, or injury.

- Enhanced mobility
- Muscle pain relief
- Accelerated recovery
- Improved circulation
- Athletic performance
- Better sleep
- Injury prevention
- Nervous system regulation
- Postural improvements
- Personalised treatment plan



Packages starting from £375\*

\*includes initial consultation + 6x 60 minute treatments

Marc Dinardo

BOOK YOUR ASSESSMENT TODAY

148 WEST REGENT ST, GLASGOW, G2 2RQ

 0141 260 9062

 INFO@MDTHERAPY.UK

# Your Ultimate Fitness Companion:

Plan, Track, Achieve with Ease—Anytime, Anywhere



## Key Features:

- Custom Workout Planning
- Social Fitness Challenges
- Comprehensive Progress Tracking
- Real-Time Performance Insights
- Dedicated Trainer Support

Start your fitness transformation today  
Request access to the app and unlock the tools to achieve your goals, whether at the gym or in the comfort of your home!



## OUR TRUSTED PARTNERS



juice plus+



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Foyht



MUHDO  
YOUR HEALTH MATTERS

GLASGOW's Leading Sports Injury Clinic and Wellness Centre

0141 260 9062

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