



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 Personal Training with Sports Physician for a safe and effective return to exercise.

GROUP PT INTRO PACKAGE

£95

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

1-TO-1 PT INTRO PACKAGE

£175

- ✓ 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 (£20 setup fee applies)**



6 WEEK

TOTAL BODY TRANSFORMATION

CHALLENGE

OUR AWARD-WINNING BODY TRANSFORMATION PROGRAMME FEATURES:

TRAINING

3x 45min SMALL GROUP
TRAINING SESSIONS /WEEK

FITNESS ASSESSMENT

PERSONALISED WORKOUTS

NUTRITION

PERSONAL NUTRITION PLAN

RECIPES & MEAL PREP GUIDES

RECOVERY

1x 45min DEEP TISSUE MUSCLE
RECOVERY MASSAGE SESSION

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

£397*

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 10% ON YOUR PERSONAL TRAINING PACKAGE

JOIN TODAY Morning, Evening, Weekend training slots available. Visit our website for full details.



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 10% ON YOUR PERSONAL TRAINING PACKAGE

HAVE A QUESTION? Request your *FREE* consultation with our fitness team today!

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.




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Protects Against Oxidative Stress**

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DNA PERFORMANCE TESTING

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WHAT IS DNA 12?

DNA 12 is a monthly subscription service by **Muhdo Health** that provides you with new genetic health insights each month.

How It Works:

Purchase a **Muhdo DNA Health kit**.















Download the **Muhdo app** and register your kit.

Provide a **saliva sample** using the kit.

Send your sample back using the prepaid envelope.

Receive your results and monthly health modes directly in the app.

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-  Immunity & Gut Health
-  Intolerances
-  Ageing
-  Liver & Kidney Health
-  Neuro Health
-  Lung Health
-  Hair Health
-  MSK & Injury Risk

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Your Ultimate Fitness Companion:

Plan, Track, Achieve with Ease—Anytime, Anywhere



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- Real-Time Performance Insights
- Dedicated Trainer Support

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