

Fitness option information pack

Foxtailsfitness

A printable overview with key details, next steps, and the matching online service page.

Service guide

Personal Training & Coaching Private, supportive personal training in East Lothian.

Coming soon

Personal Training | New Packages January 2027

Interest list open. Contact Danielle to hear when this option is ready.

Overview

Your space. Your pace. Your progress. Whether you're completely new to exercise, returning after a break or looking to build strength and confidence, every session is tailored to you.

Focused coaching for strength, confidence, technique, and long-term consistency.

Best for

- 1:1 Personal Training Individual coaching focused entirely on you.
- Train With a Friend Enjoy a shared session with a friend or partner.
- 6, 8 & 12-Week Packages Structured coaching, guidance and accountability. Launching January
- Private Training Space A relaxed, welcoming environment without the crowds or pressure of a

More details are available on the website.

Included

- A short goal and movement check before you begin
- A structured session plan with regressions and progressions
- Technique coaching, encouragement, and realistic next steps

View the full service page

<https://foxtailsfitness.co.uk/fitness-options/personal-training-coaching-private-supportive-personal-training-in-east-lothian/>

Contact or enquire online

<https://foxtailsfitness.co.uk/contact?service=Personal+training+interest+list>

Foxtailsfitness - Personal training and wellbeing in East Lothian

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