

Fitness option information pack

Foxtailsfitness

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

Service guide

Personal training sessions

1 Hour / £23

Unavailable

Currently unavailable. Contact Danielle if you would like help choosing another option.

Overview

One-to-one coaching tailored to your goals, fitness level, confidence, and schedule.

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

Best for

- Building strength with close guidance
- Returning to exercise after time away
- Learning technique in a calm setting

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-sessions/>

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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