



# Welcome to Joe Langley Personal Training







**Welcome to Joe Langley  
Personal Training.  
A private Personal Training  
facility in Thirsk, North  
Yorkshire, offering truly  
bespoke coaching for both  
your exercise & diet.**

**Whether your target is one  
of fat loss, muscle gain,  
improving your fitness or  
simply getting healthier,  
here at JLPT we can provide  
you with the tools &  
support necessary to  
achieve your goal.**

**Personal Training is an  
investment & its our goal to  
provide a return on your  
investment that lasts you a  
lifetime.**



A man with short brown hair and a beard, wearing a dark blue Under Armour zip-up jacket, stands smiling in a gym. He is positioned in front of a Concept 2 rowing machine. The gym has yellow and black walls and fluorescent lighting. A red semi-transparent box is overlaid on the bottom half of the image, containing white text.

# About JLPT

**Having worked in the Fitness industry since 2012, Joe has worked with numerous people, helping to improve their diet, exercise & lifestyle, transforming their health, fitness & physique. And has built a reputation based on achieving real results.**

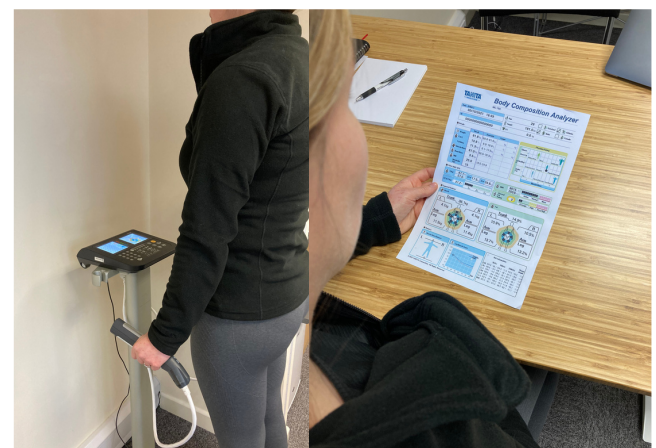
**Joe holds qualifications in Personal Training & Nutrition coaching & has spent the last 10+ years continuing to build his exercise & nutrition knowledge with an array of additional courses, including biomechanics & exercise/nutrition programming.**



# The JLPT facility

Located on Thirsk Industrial Estate (just off the York Road), the JLPT facility is a fully equipped private gym & hosts a whole range of premium quality fitness equipment. The gym also benefits from private parking & shower facilities.

While undergoing training, JLPT clients have exclusive use of the facility, meaning total privacy & no waiting around for equipment. Making a perfect training environment for those who are nervous about using a busy commercial gym.





# RESULTS focused training

Check out some amazing clients incredible results!





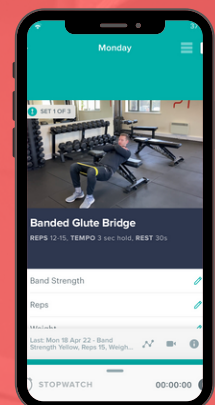
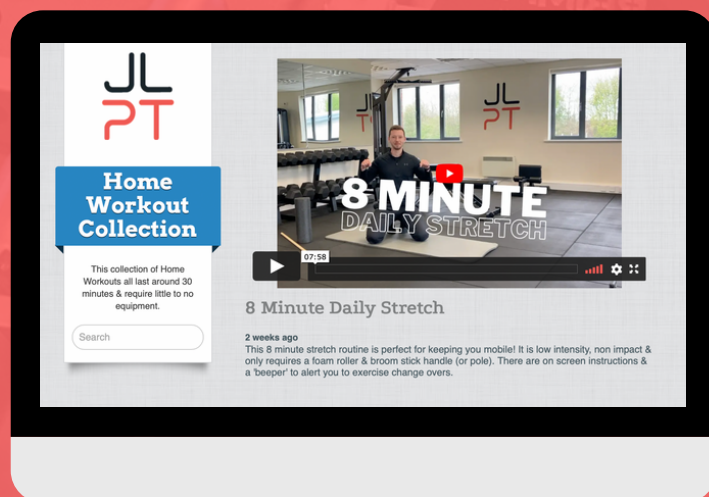
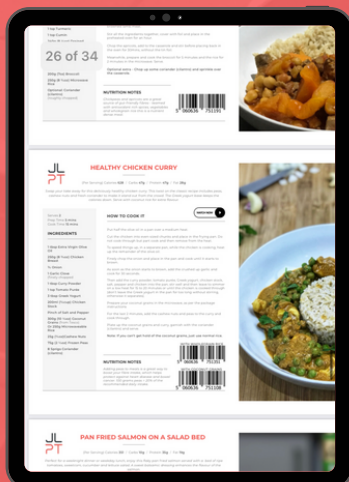
# What does Personal Training include?

- 1x or more PT sessions per week (1 hour).
- A totally bespoke exercise plan, tailored to you & your goals.
- Feedback on your current diet & a separate consultation to create a plan together.
- Regular assessments of the progress you're making toward your goal.
- Online access to all of your workout/diet plans & progress log via the JLPT app.



+ you'll get access to:

- An online video series to help develop your knowledge around diet.
- The JLPT Home Workout collection (for those times you're in a hurry or can't get out of the house).
- The JLPT Recipe Collection (with 150 easy to make & super nutritious recipes).
- The JLPT client support Facebook group (for regular Q&A's, giveaways & extra support).
- Exclusive JLPT client events.
- Round the clock support from a qualified personal trainer.





# Personal Training packages

(One-to-one PT)

**1x PT  
session  
per week  
+  
full  
support  
package:**

**£45 per  
week**

(billed as £180  
per month &  
includes PT  
services for  
48/52 weeks a  
year)

**2x PT  
sessions  
per week  
+  
full  
support  
package:**

**MOST POPULAR**

**£85 per  
week**

(billed as £340 per  
month & includes  
PT services for  
48/52 weeks a  
year)

**3x PT  
sessions  
per week  
+  
full  
support  
package:**

**£120 per  
week**

(billed as £480  
per month &  
includes PT  
services for  
48/52 weeks a  
year)

If unsure of which package is most appropriate for you, please get in touch using the details provided further down



# Personal Training packages

(Two-to-one PT)

**1x PT  
session  
per week  
+  
full  
support  
package:**

**£30 per  
week  
(per person)**

**(billed as £120  
per month &  
includes PT  
services for  
48/52 weeks a  
year)**

**2x PT  
sessions  
per week  
+  
full  
support  
package:**

**MOST POPULAR**

**£55 per  
week**

**(per person)**

**(billed as £220 per  
month & includes  
PT services for  
48/52 weeks a  
year)**

**3x PT  
sessions  
per week  
+  
full  
support  
package:**

**£75 per  
week  
(per person)**

**(billed as £300  
per month &  
includes PT  
services for  
48/52 weeks a  
year)**

**If unsure of which package is most appropriate for you,  
please get in touch using the details provided further down**



# Get in touch

If you're interested in working with Joe or have any questions about whether Personal Training is appropriate for you, please get in touch via the details below:



[joe@langleypt.com](mailto:joe@langleypt.com)



07508 229 350



Joe Langley PT, Innovation House, Allendale Road, Thirsk Industrial Estate, YO7 3NX



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