

Not sure what you are actually getting for your money when you hire a personal trainer? Why not use this Honest Fitness guide to show you a breakdown of the reasons why a personal trainer has set the price they have. Remember the personal trainer is essentially a business.

Pension / Savings – being self employed the personal trainer does not have pension scheme set up like a company you work for. Covering this cost in the session fee allows the personal trainer to save for the future and have a retirement plan.

Personal Training Costs



Tax and Insurance – self employed personal trainers still have to pay tax. This is added to every clients cost. Basing 20% of each client's session allows them to work out how much tax they need to pay. For example 20% tax on £30 session fee mean £6 tax, the PT gets paid only £24.

Equipment – added onto each session is the cost of buying equipment that will help you reach your goals – TRXs, med balls, mats, Kettlebells etc. Unfortunately the PT does not have a big company to help with these little essentials.

Holiday Pay – when you work for a large company you get paid for the time you have off, being self employed you do not. Adding a 'holiday pay' percentage to each session allows the personal trainer to have time off and not have to worry about not being paid a wage whilst away.

Continued Professional Development – CPD is an essential part of keeping up to date with the current trends and ideas that allow you to get better. Continued Professional Development keeps the personal trainers knowledge current and gives them new ideas they can adapt to your training plan.

Quality – sometimes you have to pay for quality and the personal trainer charges a high price because they believe they will get you the results you are after.

Costs you may not think about – the cost of the session not only covers the time spent with you but also covers the time researching your program, writing your program, travel costs, entry fees to the gym etc.

Earnings / Disposable Income – water, warmth, shelter and food, allows the personal trainer to survive. The earnings also allows for a personal trainer to buy luxuries.

