

# **GYMGAIR** SERVICES DOCUMENT



Thank you very much for enquiring about our Personal Training and Nutrition Services. This is always the biggest step towards achieving your goals and we are here to help you.

The real jewel in the crown at Gym Gair is our gym. We completed this in 2016 to the highest specifications, and our clients love training here. You get to enjoy private or small group training, with 2 coaches on hand to help you achieve your goals. Equipped with the most cutting-edge equipment, clients claim it is the only gym they want to train in!

Russell worked hard to become a level 4 Personal Trainer and a Nutritionist. Linda has gained her Level 2 Gym Instructor and is now a Level 3 Personal Trainer. Russell is also a member of REPs (The register of Exercise Professionals UK) R0136985

We offer a range of Personal Training, Online and Group Training packages, along with circuit classes and the ZE Run running group.

You will receive motivation & encouragement from 2 coaches, who will help you set and form new habits towards a healthier lifestyle.



## 1-2-1 PERSONAL TRAINING

*Monthly subscription, contact us for prices*

**1-2-1 coached sessions are delivered in our private gym in Scalloway, rather than a busy commercial gym. This is receiving great feedback, with clients achieving fantastic results.**

Included in the coached sessions are as follows:

- A 60-minute 1-2-1 coached session in the Gym Gair private gym
- An athletic profile that we will monitor and adjust to help you achieve your goals
- A bespoke strength and conditioning programme tailored to you
- Access to our Members Area and all of its benefits
- Access to Gym Gair Recipe packs, for healthy recipes with macronutrient breakdown
- Weekly tracking to monitor client progress
- Motivation & Encouragement from 2 coaches, who will help you set and form new habits towards a healthier lifestyle

## GROUP TRAINING OR BUDDY SESSIONS

*Monthly subscription, contact us for prices*

**Group or buddy sessions are delivered in our private gym in Scalloway. We can accomodate up to 5 people per group.**

Included in the coached sessions are as follows:

- Buddy sessions are for 2 people, who wish to train together
- Group training can be for 3-5 people
- A bespoke strength and conditioning programme tailored to you
- Access to our Members Area and all of its benefits
- Access to Gym Gair Recipe packs, for healthy recipes with macronutrient breakdown
- Weekly tracking to monitor client progress
- Motivation & Encouragement from 2 coaches, who will help you set and form new habits towards a healthier lifestyle

## ONLINE COACHING

*£59 per month*

**Online training is ideal for busy people, looking for expert advice from highly qualified coaches. It is affordable, flexible and allows you to workout and eat healthily to your schedule.**

- You will gain access to PT Distinction, an online hub where you will can select workouts to do at home or in the gym, track your progress and receive information on nutrition, exercise and mindset. This normally retails at £180 per year
- Once weekly Facebook Live workouts with us, a great way to go over technique and answer any queries as well.
- Access to Gym Gair recipe packs, which cater for all dietary requirements covering breakfast, lunch, main meals and snacks/side dishes.
- We will calculate your daily calories, and macronutrient split, to help you work towards your chosen goals. We also provide example meal plans for both training and rest days
- You will have a weekly check in so we can monitor your progress or make any changes to activity levels or nutrition
- Motivation & Encouragement from 2 coaches, who will help you set and form new habits towards a healthier lifestyle
- You will have access to a closed Facebook group and you will get instant access to our Fit in Fifty challenges at no extra charge, being part of the community, with interesting content and education on offer

## HYBRID TRAINING

*£99 per month*

**Hybrid training includes all of the Online Coaching service plus the following:**

- Online coaching with a once per calendar month coached session in the Gym Gair Gym. This gives you the opportunity to build on technique, adapt programmes and a great chance to have a face to face chat about your progress.
- Ideal for busy people who have access to a gym but are still looking for accountability, programming and monthly face to face to work on technique
- You will have 2 coaches on hand via email weekly to submit your activity tracker and ask for advice. You will remain part of the Facebook group, where we share recipes advice & encouragement
- All the benefits of 1-2-1 training are included, but at a more affordable price point





- Nutritional Scientist with Honours MNU Nov 2018
- Diploma in Swedish Massage Therapy May 2020
- Level 4 Exercise for management of lower back pain
- Level 3 Programming personal training with clients
- Level 3 Applying the principles of nutrition to physical activity
- Level 3 Delivering personal training sessions
- Level 3 Exercise referral for health management
- Level 3 Nutrition for sport and exercise
- Level 3 Nutrition for weight management
- Level 3 YMCA Fitness Assessment
- Level 2 and 3 Anatomy and physiology for exercise and health
- Level 2 Gym instructors
- Level 1 Strength and conditioning with Sport Scotland
- Advanced Resistance Training – Prescription, fitness and techniques
- Pre-and post-natal nutrition and exercise prescription
- Exercise for fat loss
- Core training
- Circuit training
- Suspension exercise trainer
- Functional equipment training
- Kettlebell training
- Client psychology and motivation

Contact us:

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Find us on Facebook, Instagram & Twitter @gymgair