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REYNOLDS FITNESS SPA

Your Fitness Journey

Personal Training Support



REYNOLDS FITNESS SPA

Welcome to your fitness journey

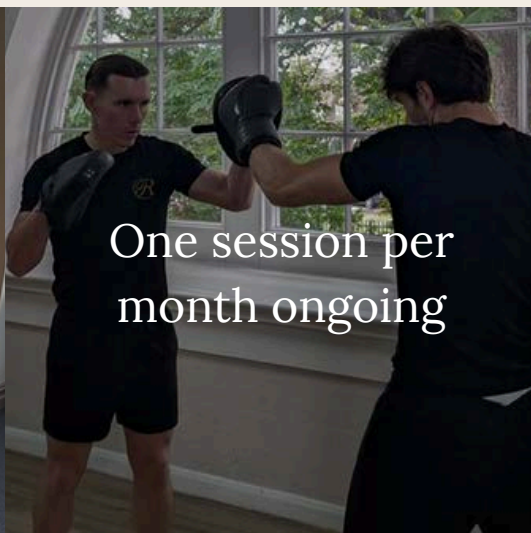


From the moment you arrive your journey into fitness begins with support from our welcoming Personal Training team.

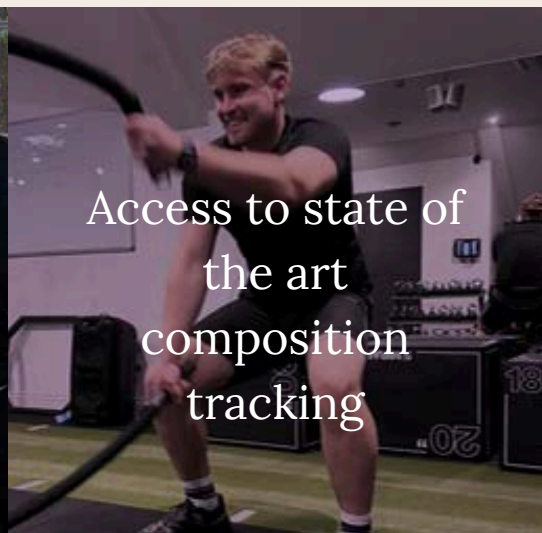
Our bespoke personal training experience is your first step towards a healthier, stronger you. We offer two initial sessions with your personal trainer and then one session a month included within your membership.



Two sessions with
a Personal Trainer
when you join



One session per
month ongoing



Access to state of
the art
composition
tracking

TRACK YOUR PROGRESS

The Reynolds App

Scan the QR Code to download our app.



IOS

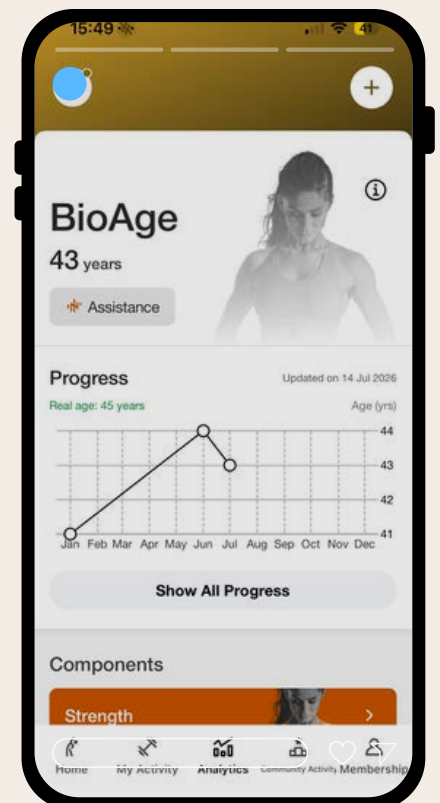


Android

Our app is our members hub.

Your data from your initial sessions will show in our app, and will refresh each time we check back in to our fitness hubs, allowing you to see your trends and track progress.

Once your bespoke programme is ready, you will see your exercises within the app, ready for you to track.



Features



Exclusive Deals



Progress



Programmes



News

WHAT TO EXPECT

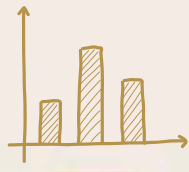
Two initial sessions plus ongoing monthly support! The two initial sessions with a PT are to understand your goals and set you up for success.

- We want to know the positive changes that you wish to make and lead you towards them.
- Using our EGYM Fitness Hub we measure baseline statistics to keep you progressing through your time with us. These statistics include body composition and movement screenings to understand where best to support you.
- We will put a plan in place to help you reach your goals - this includes creating your personalised gym programme based on your data.
- We will help you gain confidence in your new training space, breakdown your exercises and recommend other areas of the club that will help you reach your goals.

Your journey



Consultation



Statistics



Programme



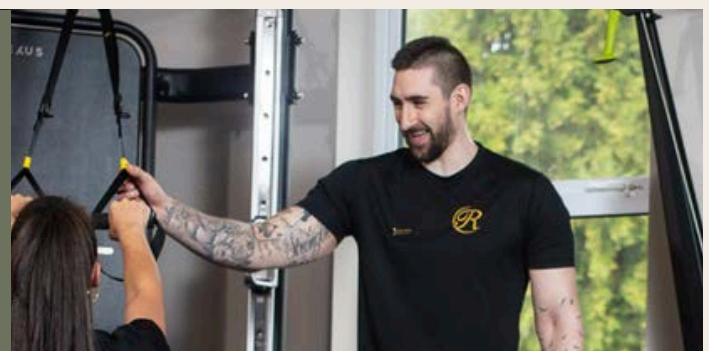
Complimentary
monthly sessions



Our Fitness Hubs take guess work out of your training and allow us to give you the best possible guidance.

Your PT will track your progress and make the necessary changes to keep you progressing, improve mobility, fight imbalances and get results.

Your check ins will be shown in the Reynolds App, making your data easy to track. This allows you to see your progress and keep you motivated to keep showing up.



HOW CAN WE SUPPORT YOU?

At Reynolds we pride ourselves in the support that we give our members.

Accountability

Ongoing support to keep showing up on the days that feel the hardest

Efficiency

Effective sessions that will lead you to your goal

Increasing confidence

Showing you not just the “how” but the “why”

Safety

Ensuring you are using correct form and training techniques

Scaling your sessions

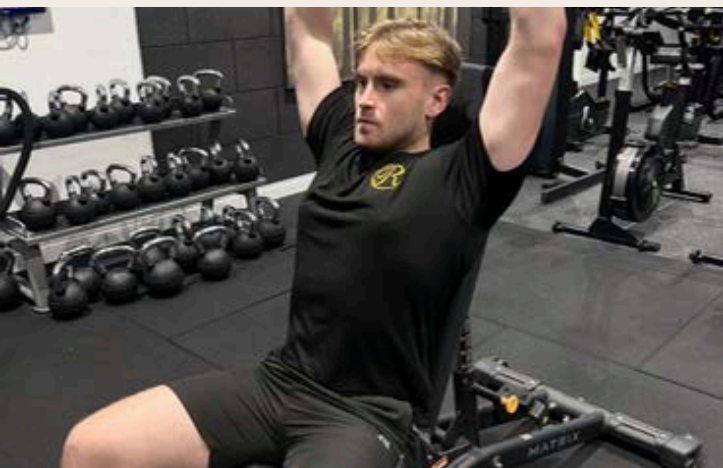
Prioritising a structured training block to avoid plateaus

Personalisation

Tailoring each movement, pace & progression specifically to your body & lifestyle

Education

Helping you build sustainable habits and removing the guesswork.

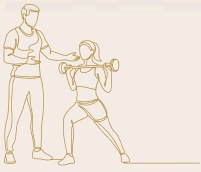


You get one free session
every month!

ADDITIONAL SESSIONS

Our team of personal trainers all have their own specialities and training styles so you can find someone who supports you in the right way.

PT



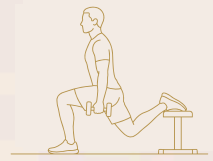
Treat & Tone
£30 per month



4 Sessions
£144



12 Sessions
£384



40 Sessions
£1000

Treat and Tone

Our most affordable Personal Training option - add one Personal Training session to your direct debit per month for £30.

4 Sessions

Best for those who are wanting to try Personal Training, maintain and develop baseline fitness, touch up technique or prepare for a short term event.

12 Sessions

Best for those who are ready to commit to building real habits, and seeing noticeable changes over 6 - 12 weeks.

40 Sessions

Best for those who want long term accountability, are fully committed to a complete transformation and want best value per session.

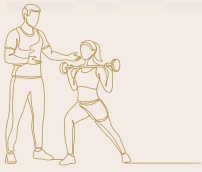


We offer a 20% discount on your first Personal Training pack with us.

ADDITIONAL SESSIONS

Our Master PTs are senior leaders of our team and bring specialist qualifications/extensive coaching experience to support your journey.

MASTER PT



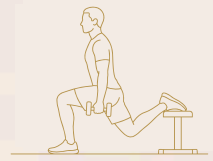
Treat & Tone
£30 per month



4 Sessions
£180



12 Sessions
£480



40 Sessions
£1200

Treat and Tone

Our most affordable Personal Training option - add one Personal Training session to your direct debit per month for £30.

4 Sessions

Best for those who are wanting to try Personal Training, maintain and develop baseline fitness, touch up technique or prepare for a short term event.

12 Sessions

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MEET OUR PT'S Raphael

Master PT

Hi, my name is Raphael, and I have been the Head Personal Trainer at Reynolds for the past 3 years. I'm passionate about helping people achieve their fitness goals and build confidence in the gym.

Whether your goal is weight loss, muscle gain, improved strength, or general fitness, I'm here to support and guide you every step of the way. I'm always happy to help you create a plan that works for your lifestyle and gets you moving towards your goals.



Specialties



Muscle Gain



Weight Loss



Functional &
Agility



Strength Training



“How long are you going to wait before you demand the best for yourself?”



MEET OUR PT'S

Kieran

As a PT I focus on people's movement patterns and how they feel day to day, to make sure we all feel our best selves.

I got into training as I have had a history of eating disorders and I understand how hard it is to come back from both directions. As I PT, I am here to fill in all of your blanks.

I have competed in Dancing, Strongman and now currently in Kickboxing, so you can trust me when it comes to getting stronger, faster and more flexible.



Specialties



Strongman



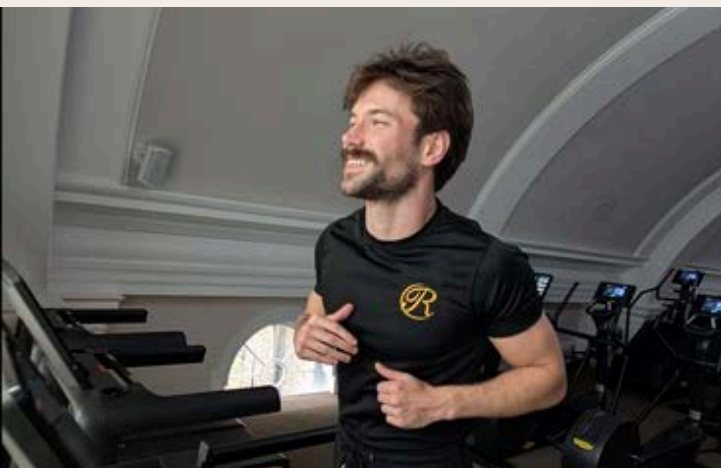
Kickboxing



Plyometricis



Mobility



"If you ain't dying, you ain't trying."



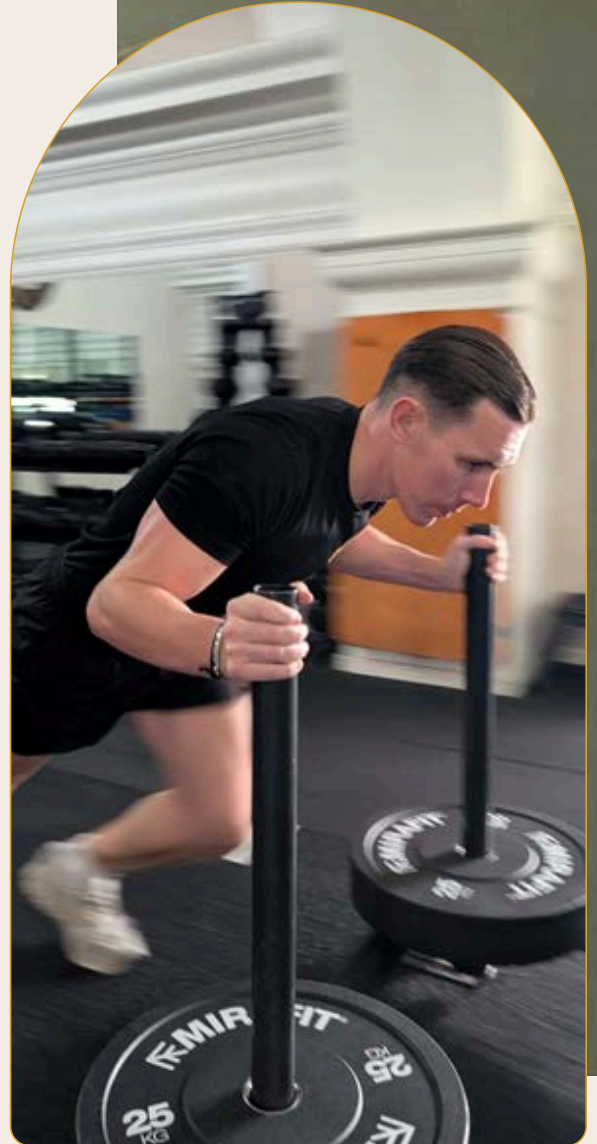
MEET OUR PT'S

Kye

My names Kye and I have been a PT for over 10 years. I've helped people from all backgrounds and abilities. I have experience in competitive Boxing, Football Coaching and Personal Training.

I have done 33 Marathons, including the London Marathon 4 times and 1 Ultra Marathon. I've done my races and events for charities such as Mind and Tommy's - to date, I've raised over £51,825 across my charity work.

My boxing titles include Doxa Middle Weight Champion and FOB WBI Light Heavyweight.



Specialties



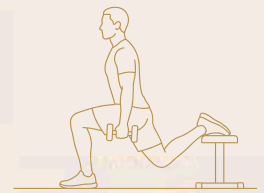
Boxing



Football



Long Distance
Running



Strength Training

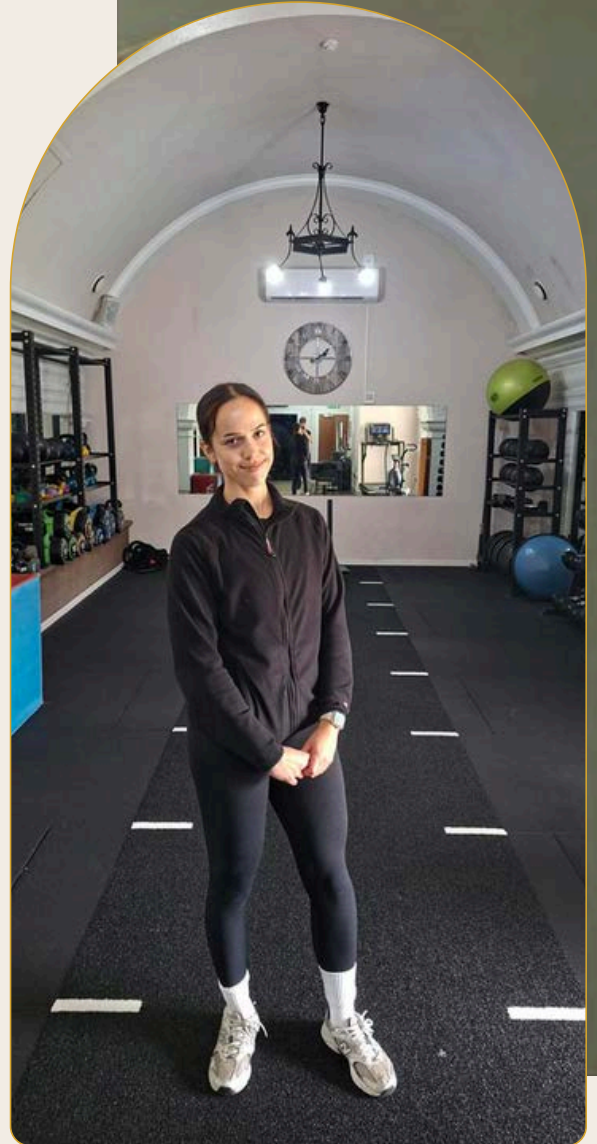


"Training not only helps you physically, it helps you mentally."



MEET OUR PT'S Melanie

Hi, I'm Melanie, and I have been a PT for over a year. I became a personal trainer through a background shaped by studying Psychology at university, which sparked my passion for the relationship between mental health and exercise. My main motivation to train clients is helping them build resilience, confidence, and consistency. I specialise in women's strength training, with an emphasis on education as well as exercise. I don't just tell you what to do, I explain the why behind it, so you feel informed and in control of your progress. My approach is supportive, practical, and built for long-term results.



Specialties



Women's
Strength Training



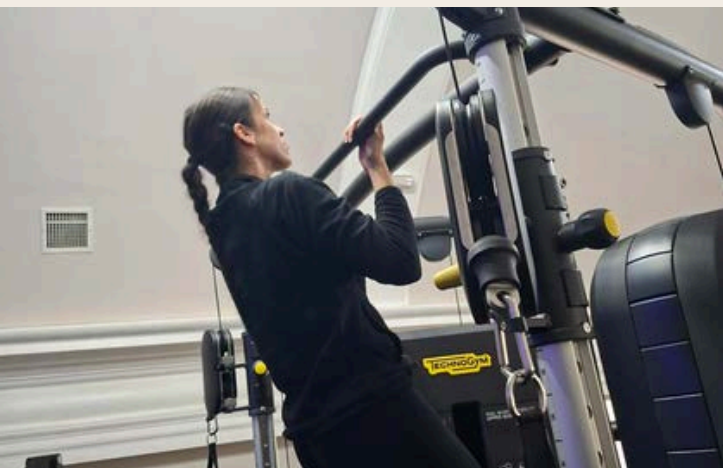
Body
Recomposition



Core Stability



Gym Confidence
and Education



"Do it for your future self."



MEET OUR PT'S

Ashley

Hey, I'm Ashley, I have been in the industry for over 15 years, with sports being in my life from a very young age, competing at a high level in dance and swimming.

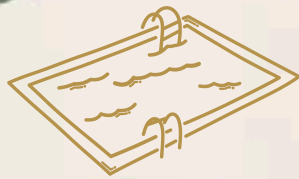
I care deeply about my clients, and there's nothing of more value to me than helping somebody go through an experience that makes them happy, confident, and strong. I'm a great believer in having fun while working out so if you are looking for a great escape from an arduous day at work or family and desire a trainer who dedicates the time to creating a wellness program specific for your needs then I'm the lady.



Specialties



Women's
Strength Training



Pool Based
Exercise



Core Stability



Gym Confidence
and Education



"Together, we can live our best life!"