



REYNOLDS RETREAT

*Your Fitness Journey*

Personal Training Support



# REYNOLDS RETREAT

*Welcome to your fitness journey*



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

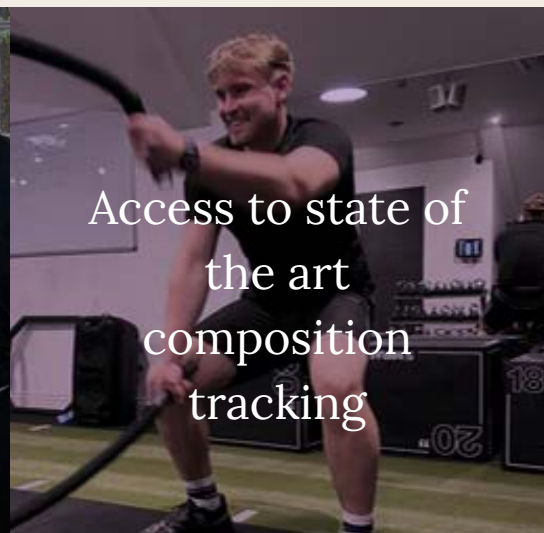
Our bespoke personal training experience is your first step towards a healthier, stronger you. We offer two initial sessions with your personal trainer and then one session a month included within your membership.



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

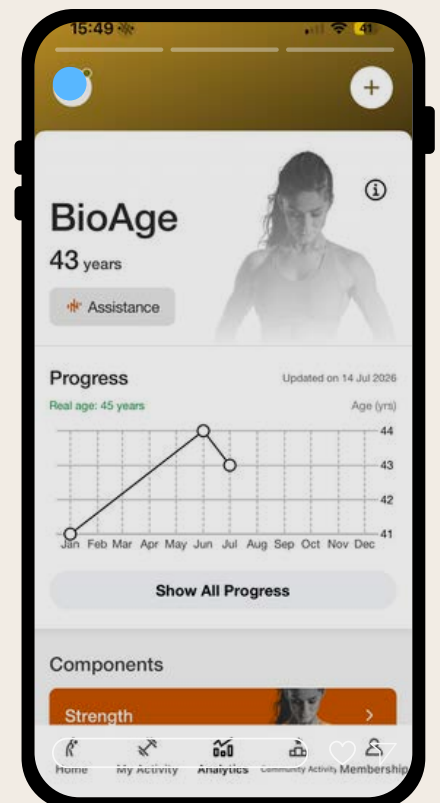


Android

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.

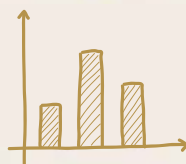
Once your bespoke programme is ready, you will see your exercises within the app, ready for you to track.



### 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*

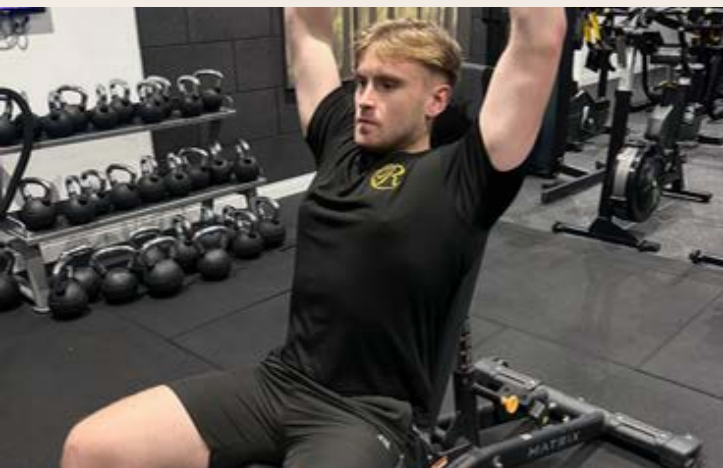
Prioritising a structured training block to avoid plateaus

## *Personalisation*

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

## *Education*

Helping you build sustainable habits and removing the guesswork.

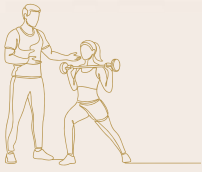


You get one free session  
every month!

# 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



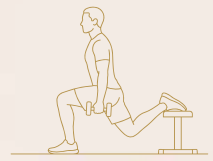
Treat & Tone  
£30 per month



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.

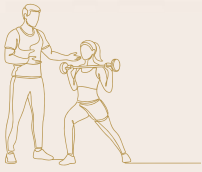


We offer a 20% discount on your first Personal Training pack with us.

# ADDITIONAL SESSIONS

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

## MASTER PT



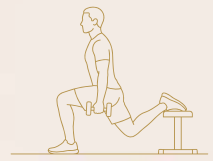
Treat & Tone  
£30 per month



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*

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# MEET OUR PT'S

## Regan

I became a PT because I believe fitness is the most valuable asset/tool in the world and that everyone should experience what they're truly capable of. Whether your goal is fat loss, building strength, improving fitness, or gaining confidence, I'll provide the guidance and accountability to help you get there. My aim is not just to help you reach your goals, but to help you become a stronger, healthier version of yourself.



### Specialties



Hatton Boxing



Kickboxing



Improving Fitness



Strength



"A ship is safe in harbour, but that is not what ships are built for."

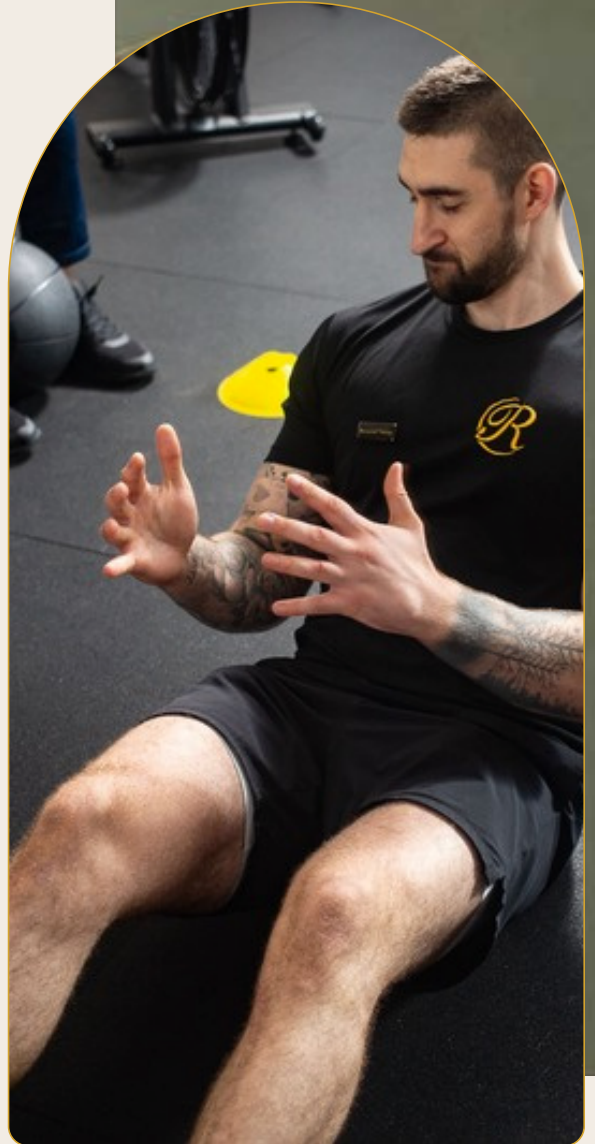


# MEET OUR PT'S

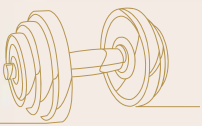
## Jason

Master PT

I used to play basketball, pushing to become Pro. My health got in the way, and I ended up having brain surgery, which put me out of my training for a long time. From here, fitness saved my life - my fitness level was high from all my years of basketball that I was able to recover from my surgery and have the strength to move forwards. I understand now how valuable your fitness and mental wellbeing is and I want to help people achieve their goals, as I can understand how it can feel to start again from scratch.



### Specialties



Strength



Conditioning



Boxing



Fat Loss



“Why start tomorrow, when you can start today?”



# MEET OUR PT'S Rachel

## Master PT

My name is Rachel and I am Head Personal Trainer here at Reynolds Retreat. I have a background in ballet, dancing until I was 19. Fitness and strength have always been a priority for my physical and mental health, particularly as I am female.

Building up a good, consistent, daily gym routine helped me work through some mentally challenging times in my life and this was my reason for becoming a Personal Trainer.



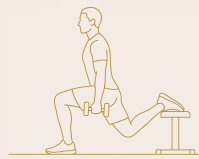
## Specialties



Core



Women's  
Training



Strength



Exercise in  
Water



"Gym is Life!"



# MEET OUR PT'S

## Monika

Hi, I'm Monika, a Level 3 Personal Trainer, power training enthusiast, and proud mum of two. I understand how challenging it can be to balance family life, work, and personal goals, which is why I'm passionate about helping people build strength and confidence in a way that fits their lifestyle.

Having previously competed in bodybuilding, I learned the value of discipline, resilience, and consistency. Today, my passion lies in strength training, movement, and helping clients discover what their bodies are truly capable of.



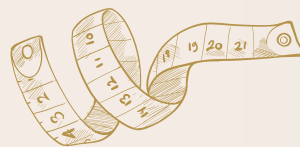
### Specialties



Strength & Power



Mobility



Fat Loss



Lifestyle  
Transformation



“Strong isn’t about how much weight you can lift. It’s about showing up for yourself, even on the days you don’t feel like it.”