



R

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.

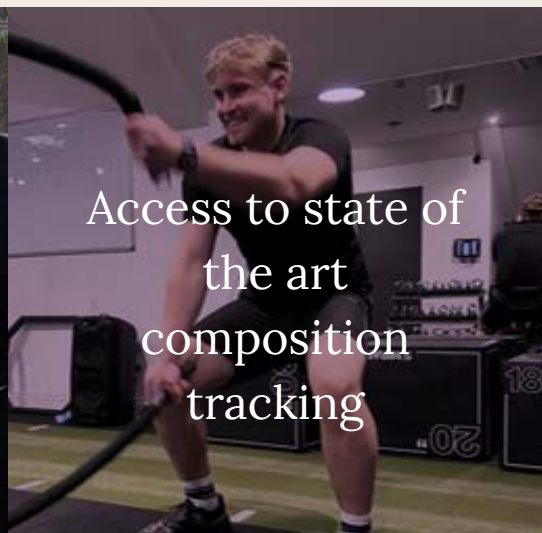
Our bespoke personal training experience is your first step towards a healthier, stronger you. We offer two initial sessions with your personal trainer and then one session a month included within your membership.



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

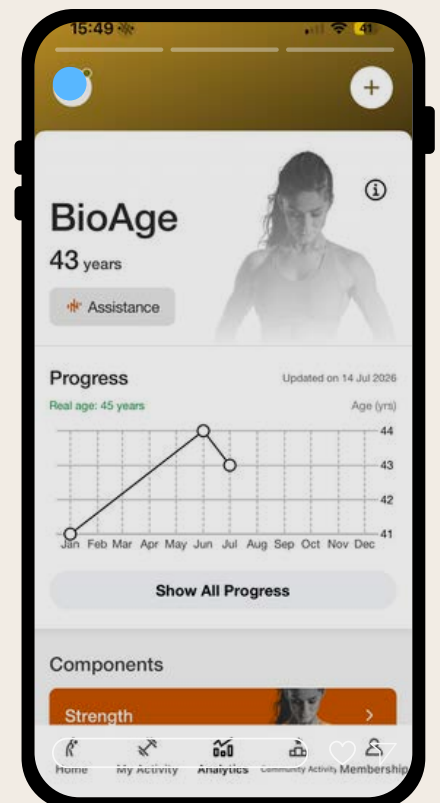


Android

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.

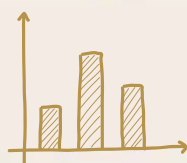
Once your bespoke programme is ready, you will see your exercises within the app, ready for you to track.



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

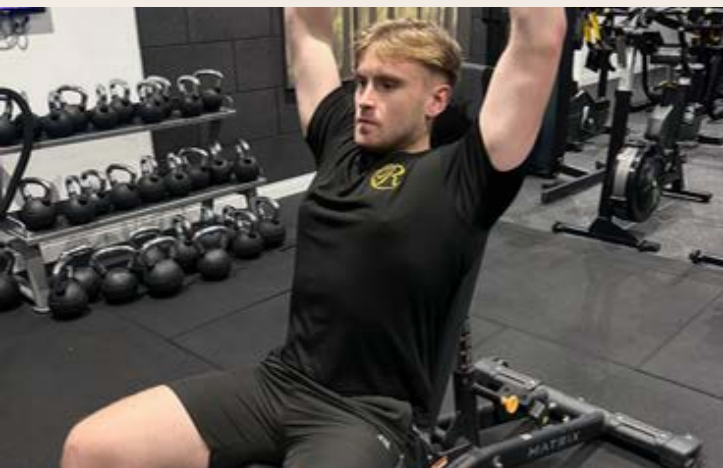
Prioritising a structured training block to avoid plateaus

Personalisation

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

Education

Helping you build sustainable habits and removing the guesswork.

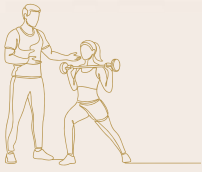


You get one free session
every month!

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



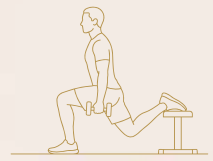
Treat & Tone
£30 per month



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.

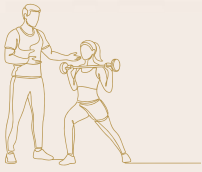


We offer a 20% discount on your first Personal Training pack with us.

ADDITIONAL SESSIONS

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

MASTER PT



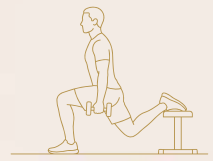
Treat & Tone
£30 per month



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

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.



MEET OUR PT'S

Lenny

Master PT

Lenny is our Head Personal Trainer at Sittingbourne.

I believe training should challenge you, build resilience, and give you the confidence to achieve more than you thought possible. Drawing on 7 years of experience in the leisure industry, I combine strength training, boxing, hypertrophy, and functional fitness to create structured, goal-focused programmes that deliver real, lasting results.



Specialties



Hypertrophy



Boxing



Functional
Fitness



Strength Training



“Discipline beats motivation”

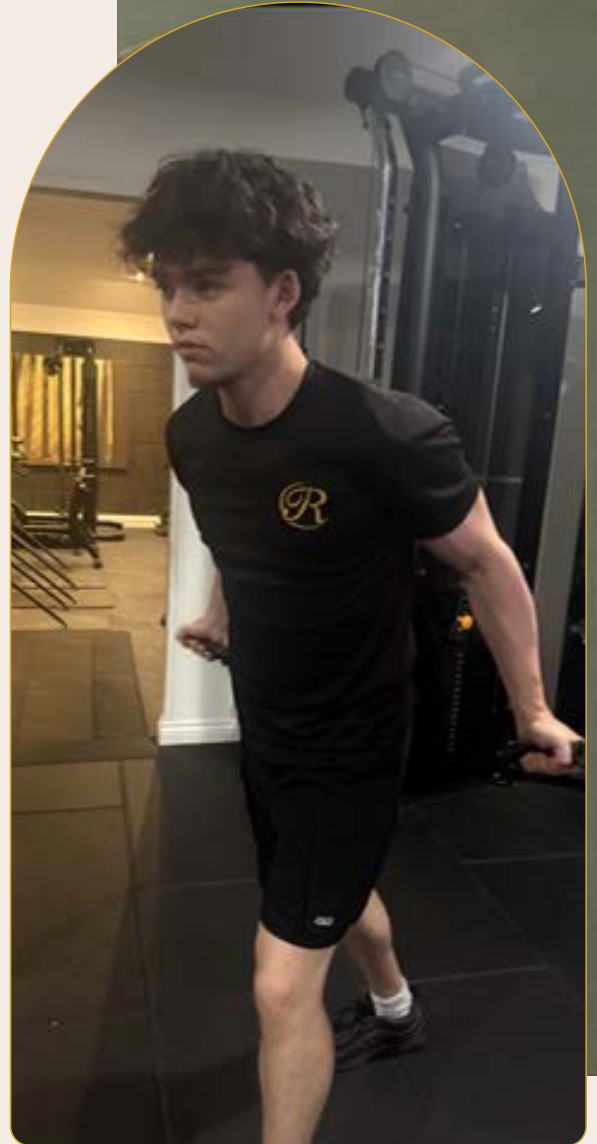


MEET OUR PT'S

Alex

I've always had a passion for sport and fitness, with my background in martial arts leading me to strength training.

I'm passionate about helping others build strength, gain confidence, and achieve their fitness goals with practical and effective coaching.



Specialties



Muscle Building



Weight Loss



Sport & Martial
Art Performance



Strength Training



"Believe in yourself before anyone else does"



MEET OUR PT'S

Josh

I'm passionate about helping people build strength, lose weight, gain muscle and grow in confidence.

With a friendly, reliable, and organised approach, I create structured training plans that help my clients achieve lasting results and enjoy the journey along the way.



Specialties



Muscle Gain



Strength Building



Weight Loss



Increasing
Confidence



“Success is built one workout at a time”



MEET OUR PT'S Laura

I'm passionate about helping women and beginners build strength, confidence and improve their composition through science based training.

With a background in fitness coaching and group exercise, I provide supportive and realistic coaching to help you stronger, healthier and more confident - whether you're new to the gym or ready to progress your training.



Specialties



Women's Fitness



Body
composition



Strength Training



Beginner's
Coaching



"Strength training doesn't just train your body; it changes your confidence and what you believe you're capable of"