

# Personal Training

*with*

**GLJ Fitness**

Be Happy ♥ Be Healthy ♥ Be You

GEORGIA HOLLIDAY



## About Me

### Hey beautiful, I'm Georgia

Before we start, I just want to remind you that you are already enough and you deserve to love yourself.

Here's four things I think you should know about me;

1. I am extremely extra and super sassy so this may rub off on you! Be warned!
2. I love food and don't believe in diets.
3. I am all about authenticity. I am always completely honest and open about my own journey, as I have learnt that this is something that helps other women resonate with me and I love helping others feel less alone.
4. I will never judge you. This is a completely safe space and I pride myself and my business in being 100% non-judgmental.

I am so passionate about helping women love themselves and become confident in their bodies, regardless of societies 'ideal beauty standards'. I want them to teach their daughters to love their bodies and create a generation of self-love through a healthy, loving and balanced lifestyle.

My mission is to connect with as many women as possible, helping to change their lifestyles, boost their confidence and create a deeper connection with themselves.

My goal isn't just to transform your body. My goal is to transform your *entire life*. I will help you create a positive mindset towards exercise, move your body in a way that you enjoy and learn to accept and love yourself.

Come say hi on socials!



*"In a society that profits from your self doubt, loving yourself is a rebellious act"*



*Come say hi on socials!*



# What I do

So although it may seem a tad controversial for someone in the fitness industry, I am a weight neutral trainer. This means I don't like to focus on numbers, so you won't have the added pressure of 'weighing in' for our sessions or taking body measurements.

My reason behind this is because it is what feels most authentic to me and aligns with what I advocate (self-love and body confidence). Also, in my experience over the years, focusing purely on the numbers tends to have a negative effect on women's mindset and can make us feel bad about our progress, even when we're doing amazing!

So I'm getting rid of the sad step because I want you to feel empowered and healthy, **not** restricted and miserable. Instead, I prefer to focus on the positive progress you are making with your mindset, your healthy habits and in the gym. I want you feel strong, healthy, happy and ultimately, I want you to feel confident and love the skin you are in and that goes much deeper than how you look and what you weigh.

My main goal when it comes to training you is I want you to enjoy it! Believe it or not exercising can actually be fun and something you look forward to, and I am proud to say that I have achieved this with so many clients. I believe variety is the spice of life and think it's so important to mix it up. I train all my clients differently depending on what they enjoy doing because I truly believe there is no point making you do exercise you hate. I want to create fun sessions that are sustainable and interesting rather than a rigid and repetitive programme that gets boring after a week.

*Come say hi on socials!*



*I'm not your average personal  
trainer...*

*I always encourage you to work in  
more than you workout.*



*Come say hi on socials!*



# How does it work?

Personal Training is a great option if you want to improve your knowledge and confidence in the gym and have me there to keep you accountable during our sessions.

I work with you either on a 1-2-1 basis or with a friend (1-2-2) at Invictus Gym on Wylds Road in Bridgwater. If you are looking for more of a coaching and personal development vibe then send me an email ([georgia@gljfit.co.uk](mailto:georgia@gljfit.co.uk)) and let's have a chat!

I offer early morning sessions from 6am right through the day up until 8pm. However, I work on a first come first serve basis and get booked up with people securing their regular slots, so to avoid missing out I encourage my clients to block book or invest in my packages.

I recommend starting with a 6, 8 or 12 week package as this will set you up for the beginning of your journey and give you all the tools you need to be successful.

After your first course, if you choose to continue training with me, I recommend you move onto the 6, 8 or 12 week block booking. However, if you wanted to have a new personalised programme and continue using my app then sticking with the 'package' would be best for you.



*Come say hi on socials!*

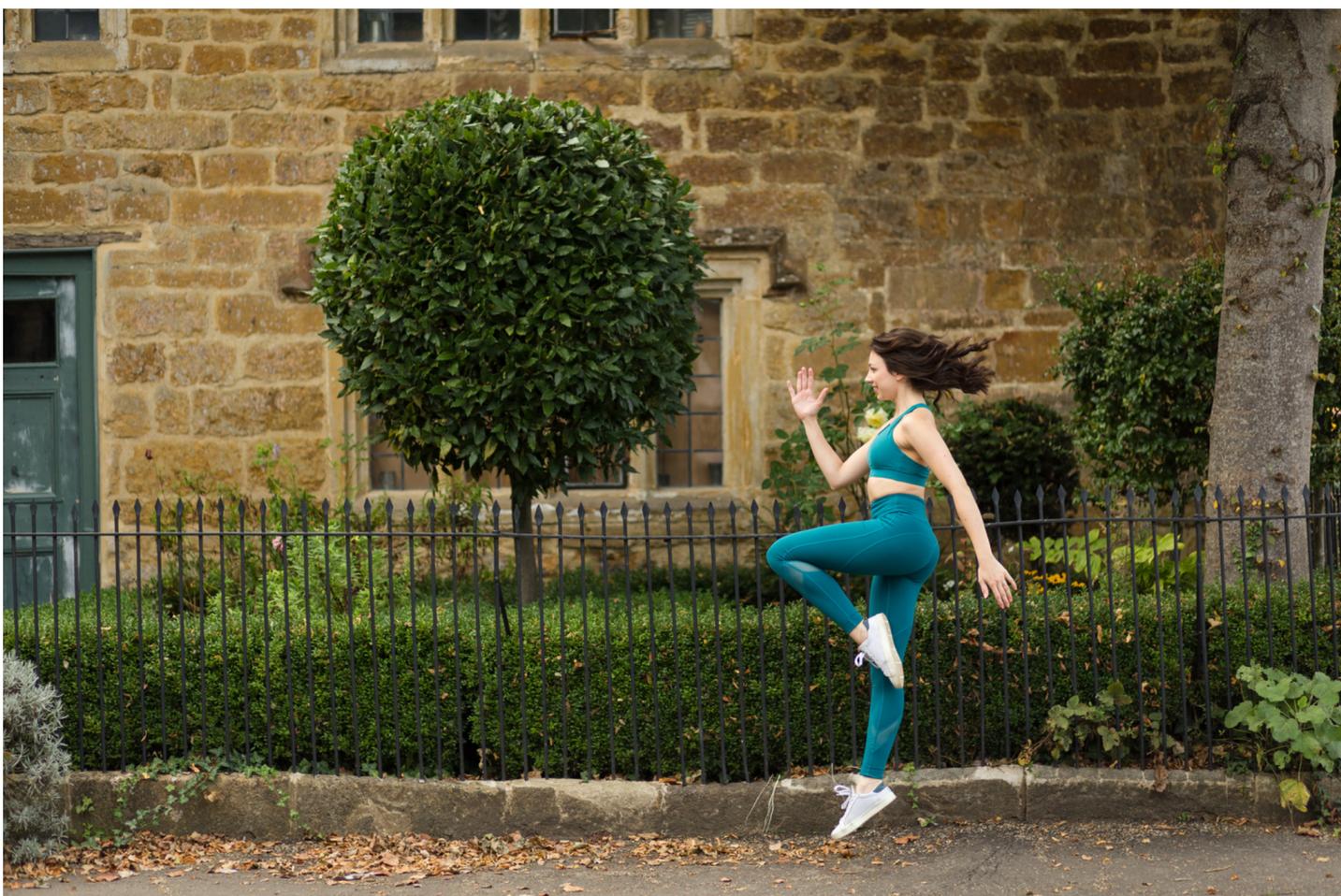


# Package Options

6 Week Package  
6 weeks | £200

## Includes:

- 6 x 1-2-1 PT sessions (1 hour each).
- Personalised gym/home plan.
- Access to my app where your personalised workouts will be for you to follow.
- Support, guidance, advice and encouragement from me via email/message.
- Free Recipe eBook.
- Free body confidence/self-love worksheet.



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# Package Options

8 Week Package  
8 weeks | £250

Includes:

- 8 x 1-2-1 PT sessions (1 hour each).
- Personalised gym/home plan.
- Access to my app where your personalised workouts will be for you to follow.
- Support, guidance, advice and encouragement from me via email/message.
- Free Recipe eBook.
- Free body confidence/self-love worksheet.



*Come say hi on socials!*

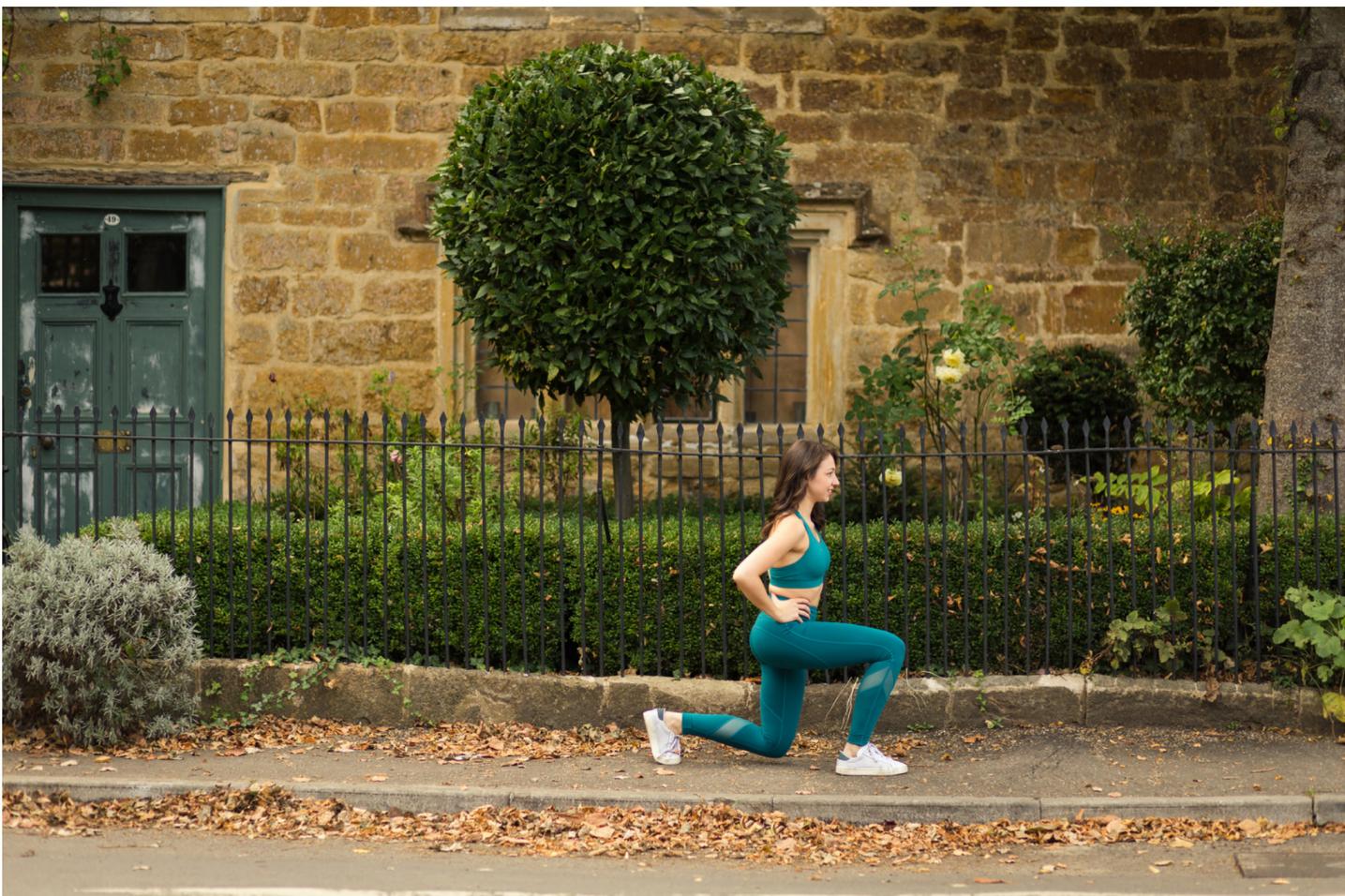


# Package Options

12 Week Package  
12 weeks | £350

Includes:

- 12 x 1-2-1 PT sessions (1 hour each).
- Personalised gym/home plan.
- Access to my app where your personalised workouts will be for you to follow.
- Support, guidance, advice and encouragement from me via email/message.
- Free Recipe eBook.
- Free body confidence/self-love worksheet.



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## 1-2-1 Personal Training

1-2-1 Pay As You Go

1 hour | £28

A 60 minute 1-2-1 personal training session with Georgia focusing the session on your goals. This is great option for pay as you go or as a one off session if you feel you just need a little extra push or some inspiration!

## 1-2-1 Block Bookings

6 Sessions

£160

8 Sessions

£210

12 Sessions

£310

## 1-2-2 Personal Training

1-2-2 Pay As You Go

1 hour | £20 p/p

1-2-2 6 Hours Block Booking

6 hours | £105 p/p

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# The Process

Once you are committed to taking your health and happiness into your own hands and have decided you would like to work with me, then we will discuss where we can schedule your sessions in. Most of my clients train with me 1-2 times per week which works really well for them, alongside their personalised plans I create for them that they follow in their own time.

Once we have agreed on a date for your sessions I will then require a non-refundable deposit (block bookings and packages only) of £50 to secure your booking (deposit not necessary if you are paying in full straight away). Once this deposit has been paid you will receive;

- A welcome email.
- A client agreement to sign.
- Health form for you to complete prior to our first session.
- Invoice for the remainder of your sessions (to be paid 24 hours prior to first session).
- GLJ Fitness Booking and Cancellation Policy for your records.

Once all these have been completed and full payment is received you will be sent (for packages only);

- Your free self-love and body confidence worksheet.
- Your free recipe eBook.
- An invitation to join my app.



*Come say hi on socials!*



# The Session

I will contact you the day before our first session to make sure you are happy and confirm the session. I will meet you at Invictus gym ready to greet you and begin our session. All you need to bring is a water bottle, your completed health forms and your lovely self. Appropriate gym wear is whatever you feel confident and comfortable in (think leggings and a top!)

Before we start we will have a sit down and chat so I can get to know you a little more and look over your health form. It is important you give me as much information as possible in your PARQ and elaborate during our chat so I can cater the sessions to you. In this initial chat I will also ask you some further questions to dig deeper and allow me to understand what you want to achieve from our sessions and why. This is also a great opportunity for you to ask me any questions you may have.

Following our chat we will get started with the fun bit! Our first session is always slightly different to the following ones as I use this to have a bit of a 'play'. This allows me to gauge your fitness level, understand what exercises will be best for you and discover what you enjoy.

The sessions will always involve a warm up, the main session focusing on your goals (this can include a wide range of approaches from body weight to boxing, resistance machines to free weights or a mix of everything!) We will always stretch to cool down at the end of the session and have a chat about how you found it, what you liked/disliked and what the plan is moving forward!

The next day I will contact you to see how you are, this also gives you a chance to ask me anything you forgot to during the session. I understand this is a tough journey so I am on hand for you to message me for support, advice and encouragement in between sessions, you are never alone!

*Come say hi on socials!*





**Thank You**

Thank you so much for considering me to guide you on this exciting journey. I look forward to hopefully working with you in the future and helping you feel incredible.

If you have any further questions that I haven't answered here, then please don't hesitate to get in touch via email at [georgia@gljfit.co.uk](mailto:georgia@gljfit.co.uk)

I can't wait to hear from you!

Love,

**Georgia**



*Come say hi on socials!*

