



6 Weeks - 3 Sessions Per Week



6 Months - 2 Sessions Per Week



12 Weeks - 2 Sessions Per Week

GF FITNESS

With so many fitness programmes and classes out there what can Personal Training specialists, Goal Focused (GF) Fitness offer that others aren't? The answer? A bespoke programme to fit you as an individual.

The fitness industry has become much more accessible and it's great to see so many people becoming more active. However, according to Goal Focused Fitness Founder, Gerrard Finlayson: "We tend to find that so many people are taking up exercise classes, or trying a fitness app or the trying the latest trends on social media, but they're not really seeing any tangible progress or change in their



body. The reason is simple - how can a one size fits all approach work? Every human being is unique, with a different make-up, differing circumstances and abilities. To maximise the effort, time and investment we make into our wellbeing - a bespoke programme is the single best pathway forward."

GF Fitness are dedicated to your goals and results, and they lay out a realistic, measured and challenging pathway to ensure you achieve what you set out to achieve. As GF Fitness Trainer Ryan Delahaye states: "It's all about your goals. When the going gets tough, when other things in life start to crop up, remember why you started. Bring it back to your goals and make it a priority". GF Fitness tend to find many people going through the motions and not really knowing exactly what their goals are. People may end up getting a good sweat or a decent

stretch but ultimately their actions don't align with what they actually want or need.

As an example, "most people stop progressing as they keep doing the same thing week in week out and at the incorrect intensity" according to Gerrard Finlayson. "It'd be much more effective for them to change their programme as the human body simply adapts and plateaus. But people still continue doing the same non bespoke programme with another 20 people in the class, all with varying degrees of ability, circumstances and goals." GF Fitness take a smart approach to your fitness goals, ensuring that a truly specific, individualised and tailored programme is employed for maximum results. GF Fitness Trainer Angelo Miccoli highlights: "Our time is incredibly valuable. As a fitness professional, I focus on maximising every second that I have with my clients, and ultimately getting them results."

Since 2005, they have worked with 100's of residents in and around Surrey and South London with great success, using a system that will optimise your potential for success. What's more, they will come to you, so there's no excuse!

Contact GF Fitness today to book your free, no-obligation consultation. They can get you started within days, and help you change your life. ■

www.gf-fitness.co.uk



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