



GF FITNESS

GF Fitness are interested in one thing: Helping their valued clients reach their fitness goals. Their philosophy is quite simple: You get out what you put in. GF Fitness is not set to judge people, point the finger or belittle but to help provide members with the tools necessary to achieve their fitness goals in the context of modern life. What makes them tick is seeing their clients give their individual best.

GF Fitness was originally founded by Gerrard Finlayson in 2005. With energetic, positive, highly qualified and like minded fitness professionals on the team, GF Fitness have made a huge impact as Personal Trainers in Surrey, especially to people's waist lines!



With GF Fitness, you don't have to travel to a gym. They provide fitness industry leading equipment to train their clients, and also provide a home gym design service. Their fitness programme design is tested and proven with hundreds of people to get them results. The programming they use is not rigid, but flexible and specific to clients needs.

Regardless of what your goals are, their system truly works! This particularly relates to fat burning/weight loss.

GF Fitness have mastered the art of metabolic coaching through a combination of compound strength training moves, functional exercise and high intensity cardio. This basically equates to you creating a huge EPOC (Excess Post Exercise Oxygen Consumption) level where your body continues to recruit higher levels of oxygen to

recover, and therefore creates a greater calorie burn post workout.

This in turn helps create a large calorie deficit, the bottom line in fat burning. In fact, they are so confident in their Personal Training systems that they offer a 100% GUARANTEE * that you will see measurable results if you stick to the program!

Your nutrition is a cornerstone of your experience when working with GF Fitness. Short term diets are not something they advocate. Why? They don't work long term! If you are to burn fat, lose weight, build lean muscle and get fitter than ever your diet will be fundamental in importance. They will coach you through small regular changes to your diet that lead to long term sustainable change. You won't get lost in the plethora of information regarding your nutrition, simplicity is very much encouraged.

GF Fitness are adaptable to your environment and circumstances, but without compromising fundamental fitness principles. They appreciate that you are an individual. To them, you're not just a number or a unit.

"Spring to Summer is an absolutely fabulous time to go for it with your fitness, and it isn't too late to start getting your body ready for the beach", according to GF Fitness owner Gerrard Finlayson. Why not give them a call today? ■

** results can vary and your potential results will be discussed with you at your initial consultation. Full details of the guarantee are available from your assigned GF Fitness trainer at the free initial consultation.*

www.gf-fitness.co.uk



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