

FOCUS FITNESS UK

Your future. Our passion.



Our Courses ...

Thinking about a career in fitness?

A career in fitness offers a variety of job roles and career opportunities. Focus Fitness UK are here to help you understand what options may be available to you. A Diploma in Personal Training, for example, will set you up for a lucrative fitness career.

Focus Fitness UK have been delivering dedicated fitness education since 2012, and selected as Large Training Provider of the Year finalist, 2015. In just seven weeks, you could be a fully qualified Personal Trainer. Full-time, part-time and weekend only courses are available. All courses are nationally recognised, accredited and offer REPs (Register of Exercise Professionals) professional development points. Our dedicated Information, Advice and Guidance team will help you to plan and work towards a fulfilling career pathway, including guaranteed interviews with the UK's largest and most prestigious gyms.

Focus Fitness UK client promise:

- We will help you to establish your job and career aspirations
- We will provide impartial, objective information and advice about qualifications, employment opportunities and career progression
- You will receive career information, advice and guidance
- You will have an initial assessment to best match the training to your learning needs

- You will explore your personal objectives
- We will discuss the different training options available to you
- We will agree a learning plan to support your learning towards achievement

Focus Fitness UK provides

- Flexible training - full-time, part-time (home study + classroom tuition) and weekend courses industry ready qualification in just 7 weeks
- REPs accredited level 2 & 3 fitness industry qualifications
- Highly qualified and industry experienced tutors
- Individualised learning support
- Online resources and a full colour printed manual
- Advanced learning loan funding available to help 19+ learners to access training
* Find out if you are eligible for an Advanced Learning Loan **[CONTACT:]**
- Guaranteed interviews with the largest gym operators in the UK

Welcome to Focus Fitness UK

I am Dougie Freedman, football club manager, ex-international footballer and I believe a fit mind and body is the key to success. I make sure all my players are fit and healthy so they can perform to the best of their abilities. It's an ethos I carried throughout my 16-year playing career and one I know will translate into any business.

Along with my business partner Gavin Heeroo, former Crystal Palace footballer and experienced personal trainer, we set up Focus Fitness UK in 2012 to provide corporate training while also teaching former professional athletes to become personal trainers.

We started by working with ex-sportspeople like ourselves but soon realised that Focus Fitness UK could help many more individuals to help others become fitter and healthier within their community.

Individuals who have a passion for helping others find physical fitness and wellbeing will benefit from Focus Fitness UK training. A career in the fitness industry gives immense job satisfaction, flexible working opportunities and attractive financial and career rewards.

Our top class venues and our adaptable tutors have vast experience of as recognised industry professionals and teachers. We have been commended for our practical approach, with learners often enthusing about our fun and engaging teaching and learning style.

Our graduates leave as fully-qualified and well-rounded personal trainers with clear ideas on how to use their new qualifications to make better futures for themselves.

Dougie Freedman

Co-founder and Football Manager

“ I can honestly say it as the best course I've been on and I have made a lot of friends who I will be meeting up with on a regular basis. You really made sure everyone understood every aspect of the curriculum and went out of your way to make sure everyone achieved their goals. I have recommended your course to several of my friends and associates and I cannot thank you enough for all your help. ”

Kathleen Schack Course Student

Inside ...

- | | | |
|---|---|-----------------------------------|
| 01 Thinking about a career in fitness | 10 Level 2: Certificate in PT | 19 Advanced Learning Loans |
| 03 Welcome to FFUK | 11 Level 3: Diploma in PT | 20 Payment Options |
| 05 Becoming a PT | 13 Customer Journey | 21 FFUK Insurance |
| 07 Training and Qualifications | 15 Mentoring and Aftercare | 22 Our UK Venues |
| 09 Level 2: Certificate in Fitness Instruction (Gym) | 17 Jobs and Career Opportunities | 23 Testimonials |

PERSONAL TRAINER

Becoming a Personal Trainer

Personal trainers are fitness professionals whose job is to design, instruct and support clients in reaching personal health and fitness goals. If you are over 16 years of age, have a passion for fitness, enjoy working with people or have a desire to help others achieve their fitness goals, then personal training may be a satisfying career choice.

What qualities make a good personal trainer?

Personal trainers need to have good communication skills and demonstrate a passion for coaching people towards their goals. These qualities are more important than being super-fit or having big biceps, although some experience of gym-based exercise is helpful. Personal trainers guide and inspire their clients by creating fun and effective programmes and then help clients stick to their programme towards health improvements.

What knowledge and skills does a personal trainer need?

As a personal trainer, your job would include:

- Finding out about the client's health history and assessing their starting fitness level
- Setting short and long term goals and designing personalised exercise programmes
- Helping and supporting clients to exercise effectively, nutrition advice plus health and lifestyle changes
- Motivating, educating and regularly monitoring their progress, adapting as is needed
- Creating safe, effective, fun and interesting workouts that clients want to stick to.

What career opportunities are there as a fitness professional?

There are many career options open to qualified fitness professionals. Gym instructing, group exercise coach and personal training are just some of the choices. Ask yourself: do I want to work for a large company or a small one? Or are you more entrepreneurial in spirit and aspire to working as freelance personal trainer or starting your own fitness business? In the United Kingdom, many personal trainers work as a freelance personal trainer, choosing the flexibility and independence that self-employment offers. Answering these questions will help you to select the best fit career pathway.

Alternatively, if you like being part of a team and the familiar work place, there are many jobs for personal trainers in public leisure centres, privately owned fitness clubs, sports clubs and studios all over the world.

The working week

Employed personal trainers may work full-time or part-time. There will generally be some evening gym work shifts and there may be some weekends.

Self-employed personal trainers often have more control of the hours they work as they set their own work plan with clients, and this is likely to include evening and weekend work.

Income and payment

Personal trainers employed by private fitness clubs and public sector leisure centres will be paid a salary or may be paid either per hour of work or per client trained. The salary for a UK based full-time personal trainer is approximately £22,700 per year. The average part-time salary is around £14,500 (Working in the Fitness Industry Survey, 2015).

Many personal trainers are self-employed?

Self-employment is attractive to personal trainers as it provides time, work and income flexibility and many personal trainers are able to plan their personal training sessions around other commitments. The average UK income of a self-employed personal trainer is £20,800 per year (Source: Working in the Fitness Industry Survey, 2015).

More information on self-employment can be found at:

www.nationalcareersservice.direct.gov.uk/advice/planning/Pages/ownboss.aspx.

Training and qualifications to become a personal trainer

Do I need any qualifications?

You don't need prior qualifications but require a moderate level of fitness. Some experience of gym-based exercise is desirable.

You can become a fitness instructor by completing a nationally recognised level 2 Certificate in Fitness Instructing (gym) qualification with a training provider or college, and become a personal trainer by completing the nationally recognised level 3 Certificate or Diploma in Personal Training. Focus Fitness UK is a nationally recognised training provider who is approved by ActiveIQ Awarding (www.activeiq.co.uk) and provides quality teaching, learning experience and a fair assessment, and a certificate of achievement to each learner on achievement.

Employers who are recruiting gym instructors or personal trainers will look for applicants to have these qualifications, and may also want applicants to have fitness related experience, so it is a good idea to plan ways of gaining experience as early as possible.

Fitness industry professional registers such as REPs (Register of Fitness Professionals) and CIMSPA (Chartered Institute of Management Sport and Physical Activity) require these qualifications to allow a fitness professional entry to their professional registers. You can find out more information about professional membership by contacting these organisations.

Find out more:

- www.exerciseregister.com
- www.cimspa.co.uk

(Note: if you have already completed a Level 2 Gym Instructor qualification, you can go directly on to a Level 3 programme)

Focus Fitness UK level 2 and level 3 courses are national entry level qualifications:

Level 2 Certificate in Fitness Instruction (gym)

You will learn:

- About the anatomy and physiology of the body about different fitness models and methods of training
- How to design exercise programmes using free weights, body resistance and fixed resistance machines
- How to plan, teach and evaluate warm ups and cooldowns, cardio-respiratory and flexibility and core functional training programmes
- How to ensure the health, safety and ethics of being a fitness instructor

Level 3 Certificate in Personal Training Or Level 3 Diploma in Fitness Instructing and Personal Training

You will learn:

- To recognise the major bones, muscles, cardi-respiratory system, movement capability and energy systems relating to fitness and exercise
- How to conduct fitness assessments for cardio-respiratory fitness, flexibility, blood pressure and body composition
- How to plan and teach personalised fitness programmes
- How to assess a client's starting point and initiate SMART goals towards a fitness or physical activity training programme
- How to create and review periodised training programmes around client's needs and wants
- How to understand and evaluate food labels towards client nutritional goals
- How to review client food diaries and advise in relation to meeting their SMART goals
- How to engage and provide motivating exercise and fitness sessions

What qualification is best suited for me?

Level 2

Certificate in Fitness Instruction (Gym)

Introduction

This is a nationally accredited qualification for those who wish to become a fitness instructor in a gym. This course provides the knowledge, skills and qualities required to help others towards achieving fitness and exercise gains and/or to becoming a personal training. Learners will be able to prescribe, plan and deliver safe and effective exercise programmes in a gym, fitness or health club setting.

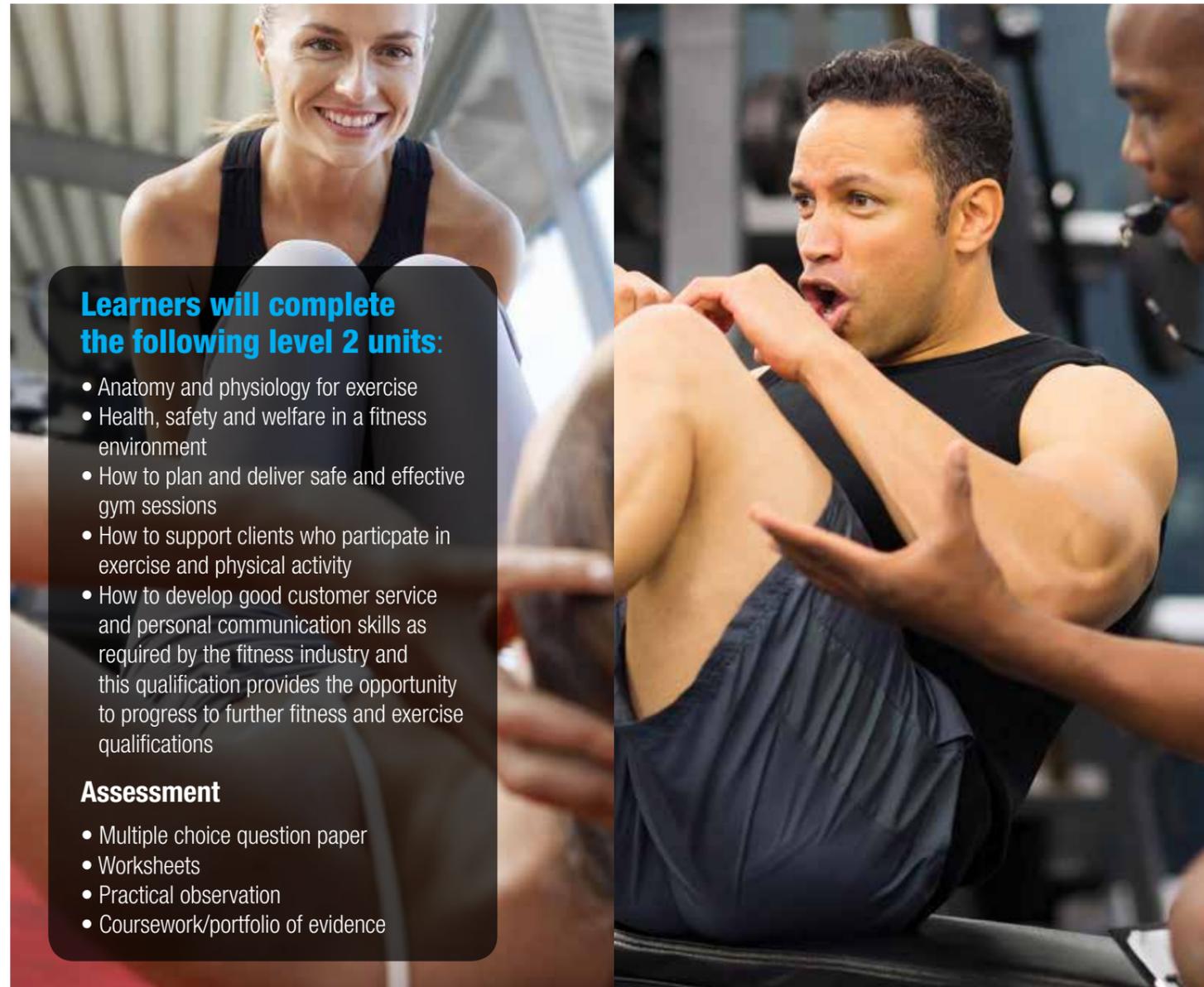
Entry requirements

There are no specific entry requirements but the training course includes practical, gym-based learning, and a degree of physical fitness is necessary.

To prepare you for your role as a fitness instructor, some time will be spent on the course working with other learners. As part of the communication skills required, some reading, writing and group discussions will be included.

Qualification Structure

This level 2 qualification for adults (aged 16+).



Learners will complete the following level 2 units:

- Anatomy and physiology for exercise
- Health, safety and welfare in a fitness environment
- How to plan and deliver safe and effective gym sessions
- How to support clients who participate in exercise and physical activity
- How to develop good customer service and personal communication skills as required by the fitness industry and this qualification provides the opportunity to progress to further fitness and exercise qualifications

Assessment

- Multiple choice question paper
- Worksheets
- Practical observation
- Coursework/portfolio of evidence

Level 3

Certificate in Personal Training

Introduction

This qualification is designed to train learners enabling them to prescribe, plan and deliver safe and effective exercise programmes.

Entry requirements

There are no specific pre-requisite qualifications but some experience of gym-based exercises, including free weights, is highly recommended.

The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at Level 2.

Qualification Structure

This qualification includes the Level 2 Certificate in Fitness Instructing(Gym) and the Level 3 Certificate in Personal Training.

Learners will complete the following level 3 units:

- Anatomy and physiology for exercise and health
- Applying the principles of nutrition to a physical activity programme
- Programming personal training with clients
- Delivering personal training sessions

Assessment

- Multiple choice question paper
- Worksheets
- Practical observation
- Coursework/portfolio of evidence

Level 3

Diploma in Personal Training and Business Skills for Fitness Professionals

Introduction

This qualification is designed to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes developing their skills knowledge to pursue a career in personal training.

Entry requirements

A suitable Level 2 qualification in Fitness Instructing (Gym). The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.

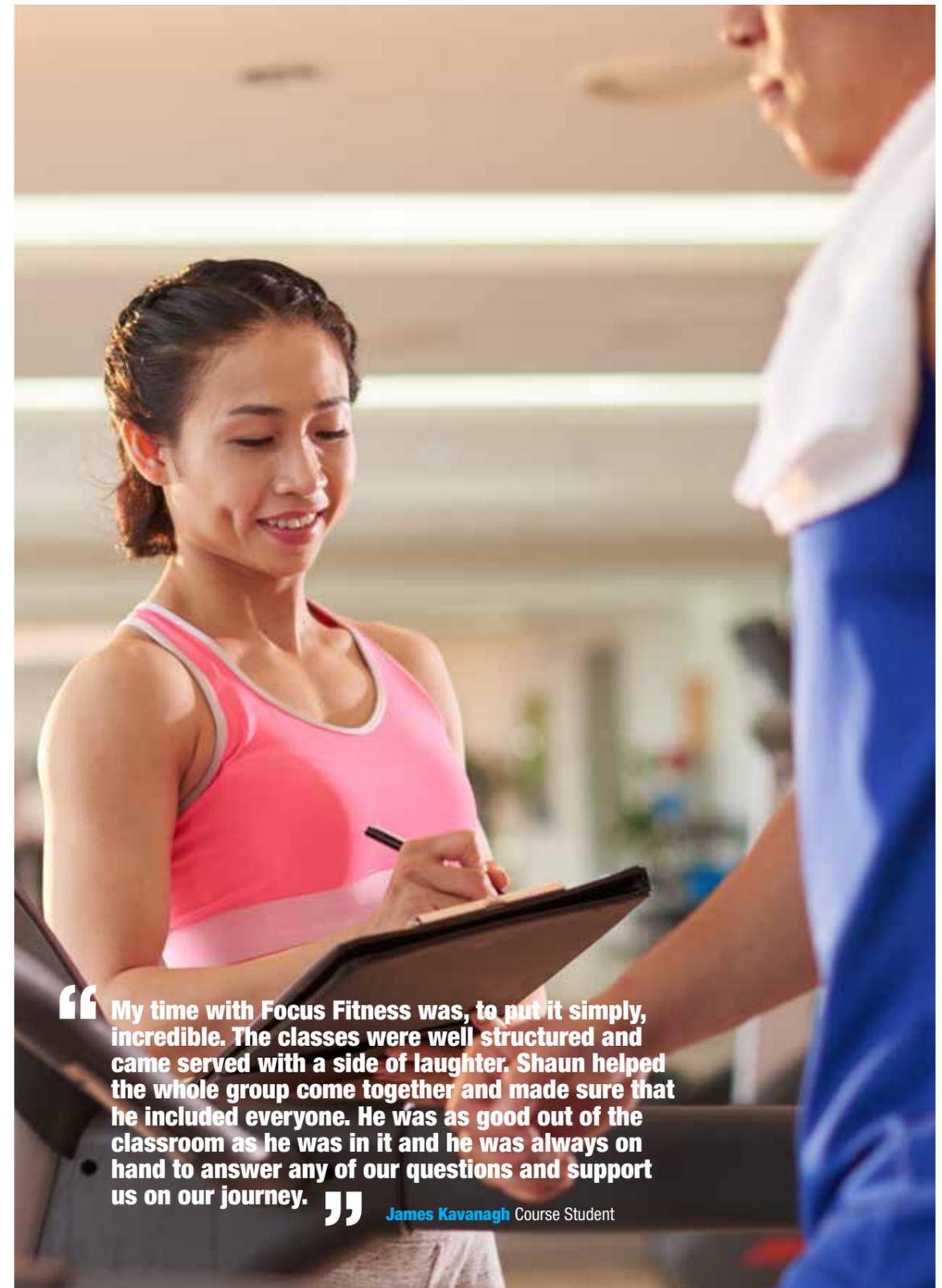
Qualification Structure

Learners will complete the following units:

- Anatomy and physiology for exercise and health
- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Applying the principles of nutrition to a physical activity programme
- Programming personal training with clients
- Delivering personal training sessions
- Improving your business skills

Assessments

- Multiple Choice question paper
- Worksheets
- Practical Observation
- Coursework/portfolio of evidence

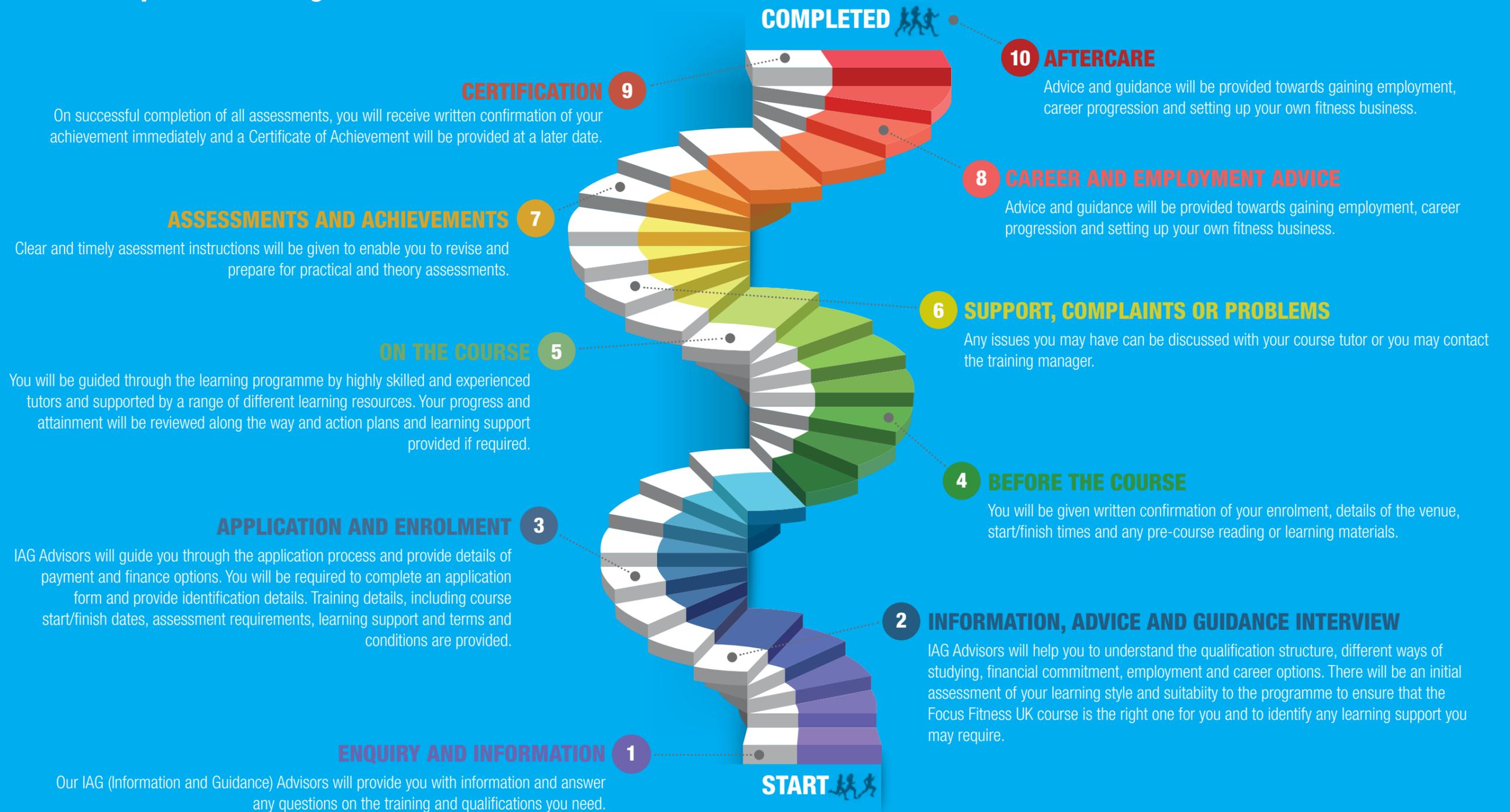


“My time with Focus Fitness was, to put it simply, incredible. The classes were well structured and came served with a side of laughter. Shaun helped the whole group come together and made sure that he included everyone. He was as good out of the classroom as he was in it and he was always on hand to answer any of our questions and support us on our journey.”

James Kavanagh Course Student

CUSTOMER JOURNEY ...

Your first steps in becoming a Fitness Professional



Mentoring and Aftercare

Career Planning

Having put time, energy and commitment into working towards your personal training qualification, it may feel a bit daunting to have to think about what you want to do next; but planning your new career should begin as early as possible - don't wait till you come to the end of the training programme.

Use the planning tips and tools within this brochure to plan for the job and career you would like and are best suited for and discuss your aspirations and plan with your Focus Fitness UK Mentor.

Our aftercare Mentoring programme includes:

- A dedicated mentor for each learner
- A career building plan
- Advice and support on CVs, job applications and interview presentations
- Guaranteed interview with a national gym operator
- On-going support after the end of the training programme

The National Careers Service also provides some helpful tools for planning, skills checks, job profiling and CV building.

Find out more:

National Careers Service:

www.nationalcareersservice.direct.gov.uk/advice/Pages/default.aspx.

At Focus Fitness UK, we want to see you achieve your career aspirations, and enable you to take the right steps to make it happen. There are a number of ways we offer additional career support and help you towards gaining employment.

Once you have graduated, our support does not stop there. At Focus Fitness UK, we want to see you achieve your career aspirations and enable you to take the right steps to make it happen.

There are a number of ways we offer additional career support and help you towards gaining employment.

Corporate Partners

Focus Fitness UK partner with leading employers:



Guaranteed Interviews

During the training course, you will have opportunities to hear from our employer partners and talk to them about your employment and career choices. They will give you the latest information on industry job profiles, real-life progression routes, and insight into the key skills and attitudes to make a successful fitness career. You will learn about the work and payment structures within their gyms and how you can build your business as personal trainer, as well as this they will discuss what opportunities they have available to you.

CV Writing

Your CV is about securing your an interview for a job. Employers will want to know about your skills and the uniqueness you bring to their company, but a potential employer will generally spend less than a minute looking at a CV. So it's important to get it right from the outset. The National Careers Service provides a helpful online CV building guide to get you started, and Learn Direct offers useful tips and checklists for writing a covering letter and confidence boosting courses.

To support you in creating the best fit CV, Focus Fitness UK provide a CV checking service for all of their graduates. Once you have completed your CV, you may attach it to an email and send to: careers@focusfitnessuk.com, and a trained Career Mentor will review it and offer guidance.

To Find out more:

www.nationalcareersservice.direct.gov.uk
www.learndirect.co.uk

Jobs and Career Opportunities

As well as Focus Fitness UK's introduction to employers, you may wish to search for wider employment choices. There are many industry job boards and recruitment companies who are actively seeking gym instructors and personal trainers for private clubs, public sector leisure centres and fitness studios in the UK and around the world. To check the portability of your Level 3 Personal Training qualification to work in other countries, take a look at the International Confederation of Registers for Exercise Professionals (ICREPS).

See the following websites:

- www.leisurejobs.com
- www.indeed.com
- www.leisureweek.com
- www.leisurevacancies.co.uk
- www.learn4good.com
- www.icreps.org
- www.leisureopportunities.co.uk
- www.workabroad.ph

NUS Cards

We have a partnership with NUS to be able to allow our students to purchase a student discount card for ONLY £12 for the year. This will allow you to get discounts at thousands of retail shops and restaurants. If you would like to sign up, please ask one of our course advisors and they will be happy to get you signed up to receive your NUS card.

Continued Professional Development (CPD)

Once you have completed your training and achieved the certificate, there are many short courses and workshops available for you to develop additional skills, such as outdoor fitness training skills, strength and conditioning expertise or equipment training, such as kettlebell or functional training add-on skills.

If you would like to be a self-employed personal trainer, then contact www.gov.uk to find out more about starting your own business and working as a self-employed personal trainer.

There may be funding available to start up your own business. See www.gov.uk for details about funding arrangements and possible sources of funding.

“ My Tutor throughout the eight weeks that the course ran and was absolutely outstanding! He was so helpful throughout and was always available if I needed to speak to him. His constant encouragement helped me to get through the course and to pass each exam with flying colours ... something I never believed I would be able to achieve, and I am thrilled that I passed both Level 2 and Level 3. I would recommend Focus Fitness UK to anyone wishing to pursue a career in the Fitness Industry. ”

Jillian Bradley Course Student

Advanced Learning Loans

Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam, eaque ipsa quae ab illo inventore veritatis et quasi architecto beatae vitae dicta sunt explicabo. Nemo enim ipsam voluptatem quia voluptas sit aspernatur aut odit aut fugit, sed quia consequuntur magni dolores eos qui ratione voluptatem sequi nesciunt. Neque porro quisquam est, qui dolorem ipsum quia dolor sit amet, consectetur, adipisci velit, sed quia non numquam eius modi tempora incidunt ut labore et dolore magnam aliquam quaerat voluptatem. Ut enim ad minima veniam, quis nostrum exercitationem ullam corporis suscipit laboriosam, nisi ut aliquid ex ea commodi consequatur? Quis autem vel eum iure reprehenderit qui in ea voluptate velit esse quam nihil molestiae consequatur, vel illum qui dolorem eum fugiat quo voluptas nulla pariatur?

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum.

Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam, eaque ipsa quae ab illo inventore veritatis et quasi architecto beatae vitae dicta sunt explicabo. Nemo enim ipsam voluptatem quia voluptas sit aspernatur aut odit aut fugit, sed quia consequuntur magni dolores eos qui ratione voluptatem sequi nesciunt. Neque porro quisquam est, qui dolorem ipsum quia dolor sit amet, consectetur, adipisci.

How your Advanced Learning Loan works ...

0% Interest

18 YEARS OR OLDER. MUST BE WORKING 16+ HOURS PER WEEK. LOAN APPROVAL IS SUBJECT TO A CREDIT CHECK. IF NOT WORKING 16+ HOURS PARENTS CAN APPLY FOR YOU.

If you want to apply you need to provide your name or parents name if parents are applying, your contact number and email address.

Payment Options

Paid in full

Course Level 3 Diploma in Fitness Instructing and Personal Training

Cost £2500.00

Course Level 3 Personal Training and Level 3 Business Skills

Cost £1800.00

Course Level 3 Personal Training Only

Cost £1500.00

Course Level 2 Fitness Instructing

Cost £900.00

Personal Finance Option

Level 2 and Level 3 Diploma

Cost £2400.00

Deposit	12 Months	10 Months	6 Months
	£120.00	£120.00	£120.00

Monthly	£190.00	£228.00	£380.00
----------------	---------	---------	---------

Interest	0%	0%	0%
-----------------	----	----	----

Level 3 Diploma Only

Cost £1500.00

Deposit	12 Months	10 Months	6 Months
	£75.00	£75.00	£75.00

Monthly	£115.00	£138.00	£230.00
----------------	---------	---------	---------

Interest	0%	0%	0%
-----------------	----	----	----

Level 2 Diploma Only

Cost £900.00

Deposit	12 Months	10 Months	6 Months
	£45.00	£45.00	£45.00

Monthly	£65.00	£78.00	£130.00
----------------	--------	--------	---------

Interest	0%	0%	0%
-----------------	----	----	----



Focus Fitness UK Insurance

In order to work as a personal trainer, you must hold insurance. The insurance should include public liability and professional indemnity cover. A first aid award that includes cardio-pulmonary resuscitation (CPR) may be required too.

A PIONEERING INSURANCE PACKAGE SPECIFICALLY DESIGNED FOR YOU: JUST £60 PREMIUM PER YEAR

Focus Fitness UK are extremely pleased to be working alongside **Balens Ltd Specialist Insurance Brokers**. If you are a Graduate of Focus Fitness UK, we can offer you discount on your professional insurance.

COVER SUMMARY INCLUDES:

- £6,000,000 per claim, with an unlimited number of claims in the year and unlimited Legal defence costs - Professional Indemnity, Medical Malpractice, Public & Products Liability.
- Loss of Reputation, Breach of Intellectual Property, Client Confidentiality Protection, Loss of Documents, First Aid.
- Retroactive cover to pick up any previously insured work performed.
- Run off cover is included for an unlimited period if you ever stop the policy to ensure that you are protected if a claim was made after the policy is stopped for work done in the policy period.
- £100,000 Disciplinary Hearings Defence cover/ Legal defence of your legal rights involving Criminal Proceedings as well as Data Protection and other legislation cover, wrongful arrest, actions against you for unlawful discrimination.
- £100,000 Negotiation and representation in event of HMRC partial or full enquiry.
- Wide range of free 24 hour Advice lines, including Legal/Tax Advice.
- Jury or Witness Service Compensation.
- Covers you to work anywhere in the UK as well as temporary cover for work abroad with no time restrictions (excl USA and Canada).
- Expert claims handling.
- No extra charges for replacement certificates/ changes to your policy.
- Can include over 4000 different therapies/activities and many more at no additional premium subject to qualification.

FOR FULL INFORMATION CONTACT:



Our Venues

NORTH LONDON

David Lloyd
180 Carterhatch Lane
Enfield, EN1 4LF

NORTH LONDON

Southgate LA Fitness
9 Winchmore Hill
Dennis Parade
London, N14 6AA

WEST LONDON

Vale Farm Sports Centre
Watford Road
North Wembley
HA0 3HG

NORTH LONDON

Southgate LA Fitness
9 Winchmore Hill
Dennis Parade
London, N14 6AA

NORTH LONDON

La Fitness Barnet
18 East Barnet Rd
New Barnet
EN4 8RN

SOUTH LONDON

Southbank Club
124-130
Wandsworth Road
SW8 2LD

BOURNEMOUTH

Little Down Centre
Littledown Centre
Chaseside
BH7 7DX

ESSEX

The Champion School
Wingletye Lane
Hornchurch, Essex
RM11 3BX

TAMWORTH

Bannatynes Gym
Bonehill Rd,
Bitterscote,
Tamworth,
B78 3HQ

MANCHESTER

The Gym Group
Bank Chambers,
Faulkner St,
Manchester
M1 4EH

STOCKPORT

Life Leisure Grand Central
12 Grand Central Square,
Wellington Road South,
SK1 3TA

SALFORD

Broughton Leisure Centre
Great Cheetham Street
West Salford
M7 2DN

What our graduates say ...

KRAIG CHARLES

BEFORE I STARTED MY PERSONAL TRAINING COURSE I WAS PAINTING AND DECORATING ALONGSIDE WORKING IN WAREHOUSE.

In October 2013 I started getting more into body weight training and street workout in-between working. After a year of learning street work out I became really good at it and decided to train others.

I started my personal training course early May 2015 and found the course very educational and helpful and was enjoyable at the same time. I met loads of new exciting people and am still in contact with them today.

Since passing my personal training course I have become self-employed and I am enjoying my life more than ever before. I personal run a woman's bootcamp every weekday morning. I am part of team of bar athletes and personal trainers and we have created our own fitness brand.

We have our own outdoor training facility that we built ourselves and now run Thursday evening bootcamp as well as abs classes on Saturday mornings. I can confidently say that I am now in the best shape of my life and have the most positive outlook on life to match.

MARIA MASIH

I APPROACHED FOCUS FITNESS BECAUSE I HAD A PASSION FOR FITNESS AND I WANTED TO DO SOMETHING NEW. FOCUS FITNESS UK HELPED ME BY INSPIRING AND MOTIVATING ME TO FULFIL MY DREAM.

The result was me qualifying to become a Level 2 Fitness Instructor and Level 3 Personal Trainer.

One thing I liked at Focus Fitness was everyone's positive attitude and ambitious behaviour.

I am now looking to explore different areas in fitness such as Nutrition and teaching. It has also helped me to learn and eventually start teaching Yoga.

I am also helping people in my full time job at United Airlines by conducting fitness days and healthy eating seminars.

All in all fitness industry has changed my life and I am delighted that I was introduced to such a great opportunity. I would definitely recommend Focus Fitness UK to people who are passionate about fitness and looking to build a new or change career.

KRAIG CHARLES



MARK PRINCE

MY 7 WEEK PERSONAL TRAINING COURSE LEVEL 2-3 WAS AN AWESOME EXPERIENCE!

Very challenging but having a great tutor, support and teacher in Simon made the process easier.

The subjects learnt during the course are also beneficial to everyday life because we all have goals we want to achieve and transferring the skills learnt as a PT can improve your productivity as an individual in other areas of your life.

I would recommend this incredible course to all those who are interested in fitness and a career in fitness.

I feel very proud to be a fully qualified PT. Focus Fitness have done a great job in making this opportunity available to so many people who want to be fully qualified PT's but cannot afford to pay for the course.

MARK PRINCE



MARIA MASIH



