



# **Welcome Pack**

## **Train Together Functional Fitness Studio**

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## ABOUT US

At Train Together we are passionate, supportive and encouraging trainers focused entirely on helping our clients reach their fitness goal in a manageable, fun and, most importantly, *healthy* way.

We have a superb range of equipment and a brilliant variety of classes to get stuck into- from energetic boxercise to classy core, from HIIT to strength gains with our weight lifting! We keep our class sizes to a maximum of 8 people – ensuring that we can **always** provide exceptional personal attention to **every** client at a fraction of the cost.

With over 30 years' experience, you can be confident you are in very safe hands with us!

*Neil Caines and Sarah Grant*

Co-Owners and Personal Trainers at Train Together Functional Fitness Studio

## OUR TRAINERS



Level 4 Personal Trainer | Level 4 Specialist in Treatment and Management of Lower Back Pain | Weight Lifting Instructor | Level 3 Diet and Nutrition | Level 3 Exercise Referral | Level 3 Working with the Older Adult | Boxercise PT/Instructor | KettleBell Instructor

# OUR TRAINERS



Diploma in Personal Training | Weight Lifting Instructor | First Aid and Manual Handling Instructor | Advanced Boot Camp Instructor | Level 4 Foot Care Specialist | Level 3 Diet and Nutrition | Kick Boxercise Instructor



# OUR TRAINERS



# PERSONAL TRAINING



Here at Train Together we care about you. We want to help you reach your goals and make sure that you see the results you deserve. Our sole aim is to help you to get fit, gain confidence and feel really good about yourself again.

Every client we welcome to a personal training package gets something a bit different, because we understand how different everybody is. You are different from John, John is different from Mary and Mary is different from Dave. There is no 'set personal training package' with us and, at Train Together, one size definitely doesn't fit all. We love to work closely with clients, identifying exactly what you are struggling with and how we will overcome these problems together. We are genuine trainers and our attitude is always friendly, supportive and encouraging. We set realistic goals and celebrate with you when you reach them. We take time and effort to ensure that you are happy and, most importantly, enjoying yourself! Contrary to popular belief, getting fit can be fun and we would love to be able to take you on its journey.

If you are ready to take the step (the first one is always the hardest, trust us) get in touch. We would love to chat with you about our personal training packages and discover how we can make you feel like you again.

“Although over 70 years of age, I needed to lose weight and get in shape for a mountain trek. With Sarah as a personal trainer for two hour long gym sessions a week over five months, and taking her expert advice on diet and exercise, I lost two stones and put on enough muscle to sail through 24,000 feet of ascent and one hundred miles of mountain walking over ten days. Those improvements to my weight and core fitness are now being maintained through twice weekly class sessions of weights and Boxercise with Neil and Sarah. More trekking beckons!”

# Treat Your Feet at Train Together!

Treatment for:

*Corns*

*Verruca*

*Hard Skin*

*Fungal Nail*

*Athletes Foot*

*Ingrown Toe Nails*



Or enjoy a *cut, file and luxury massage!*

All treatments are only **£20** for the hour!

## First Aid and Manual Handling Courses

At Train Together our aim is to provide the highest quality training at the most affordable price. Based in Lancaster, we are a brand new training facility with years of invaluable experience.

### What do we offer?

L2 Emergency First Aid at Work (1day) £60

L3 First Aid at Work (3days) £160

L3 Paediatric First Aid (2days) £120

L2 CPR & AED (1day) £40

Manual Handling (1day) £60

“Excellent course, the instructor was very positive and didn’t move onto the next point until we were confident... It was definitely worth while completing, was very informative and was actually quite good fun too!”

**Sheryl, Nov 2014**



Regulated by  
**nuco**training **Ofqual**

**F A A**  
FIRST AID AWARDS LTD  
Certificate awarded by FAWA Ltd  
First Aid Training Ltd, Apples, UK 12

**HSE**  
Health & Safety  
Executive  
Approved Course



# OUR FITNESS COURSES



Did you know that you can qualify as a fitness instructor with Train Together?

That's right! We can help you to achieve all the relevant qualifications and experience required to kick-start your fitness career in the best possible way.

Our courses include:

- Level 2 Certificate in Fitness Instructing – Gym Based
- Level 3 Personal Trainer Qualification
- Level 2 Certificate in Instructing Circuit Training Sessions

All of our courses are blended learning, meaning you can learn both in our studio and in the comfort of your own home! All courses are taught over weekends (Saturday-Sunday) and you can be fully qualified in as little as 12 weeks. Plus, as a local provider, you can enjoy the added bonus of not having to travel to Manchester and beyond for assessments and exam days.

If you are interested in one of our courses or for some further details, please contact our tutors. We would be very happy to answer your questions!

“Neil and Sarah did an excellent job. They were friendly and approachable. Explained the material clearly and went out of their way to help me in difficult/stressful times. The facility is a great place to train and meet new people. Nothing but positive feelings. Would recommend to anyone. Great course, very good value for money.”

**Aaron, Jan 2015**



# OUR PHYSIOTHERAPIST

At Train Together we believe in a rounded approach to fitness and health, and as part of this approach we have a fantastic Physiotherapist, Charlotte Brookes, who visits us every Tuesday.

Charlotte provides first class and affordable Physiotherapy- with the sole aim of improving your quality of life. From Chronic back pain and post-operative knees to acute sporting injuries, Charlotte is passionate about solving the issue and making sure you see results!

Charlotte is also a fantastic Pilate's instructor, specialising in one-to-one sessions and small groups. She says, "Pilates is an exercise system that focuses on stretching and strengthening the whole body to improve posture, muscle strength, flexibility and movement. It suits all ages and fitness levels and is particularly beneficial for those with back pain, poor postures, neurological conditions, mental health conditions, sports injuries, arthritis stress related illness, and before and after pregnancy." Charlotte is a very thorough Physiotherapist and can help treat a range of problems, including: arthritis, mobility/balance problems, whiplash, muscle strain, pre/post pregnancy aches and pains, postural issues and neurological conditions.

Charlotte has previously worked as part of the occupational health team at Salford University and in outpatient clinics across hospitals and private physiotherapy businesses in Lancaster, Chester, Manchester and South Lakes. She has even worked a bit further afield, internationally, for a large care home group in Melbourne, Australia! She has been a part of some exciting upcoming research projects; including exploring the benefits of exercise equipment that aids movement for patients suffering with dementia. Next year, Charlotte will present her research at the World Congress for Psychiatric Nursing in Banff, Canada. With such an impressive amount of experience, you can be sure you are in very safe hands!

Whatever your problem we are sure Charlotte can help you! Please feel free to call Charlotte direct for friendly advice and to book your appointment. Mobile: 07920260105



**Charlotte Brookes**



# CLASS TIME TABLE

## MONDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Boxercise
07:50 – 08:20	30 minutes	HIIT
08:30 – 09:15	<b>CLOSED</b>	
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class	
12:10 – 12:40	30 minutes	HIIT
12:45 – 13:15	30 minutes	Weight Lifting
13:15 – 14:15	No Class	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:15	No Class	
17:15 – 17:45	30 minutes	Kettlebells
17:55 – 18:25	30 minutes	Circuits
18:30 – 19:00	30 minutes	Classy Core

## TUESDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Kettlebells
07:50 – 08:20	30 minutes	Circuits
08:30 – 09:15	<b>CLOSED</b>	
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class	
12:10 – 12:40	30 minutes	Classy Core
12:45 – 13:15	30 minutes	Kettlebells
13:15 – 14:15	No Class	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:15	No Class	
17:15 – 17:45	30 minutes	HIIT
17:55 – 18:25	30 minutes	Weight Lifting
18:30 – 19:00	30 minutes	Boxercise

# CLASS TIME TABLE

## WEDNESDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Weight Lifting
07:50 – 08:20	30 minutes	HIIT
08:30 – 09:15	<b>CLOSED</b>	
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class	
12:10 – 12:40	30 minutes	Boxercise
12:45 – 13:15	30 minutes	Circuits
13:15 – 14:15	No Class	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:15	No Class	
17:15 – 17:45	30 minutes	Classy Core
17:55 – 18:25	30 minutes	Kettlebells
18:30 – 19:00	30 minutes	Boot Camp
19:00 – 20:00	60 minutes	Ladies Strength and Conditioning

## THURSDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Circuits
07:50 – 08:20	30 minutes	Kettlebells
08:30 – 09:15	<b>CLOSED</b>	
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class	
12:10 – 12:40	30 minutes	Weight Lifting
12:45 – 13:15	30 minutes	Boot Camp
13:15 – 14:15	No Class	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:00	No Class	
17:15 – 17:45	30 minutes	Boxercise
17:55 – 18:25	30 minutes	Swiss Ball
18:30 – 19:00	30 minutes	HIIT

# CLASS TIME TABLE

## FRIDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Boxercise
07:50 – 08:20	30 minutes	Weight Lifting
08:30 – 09:15	<b>CLOSED</b>	
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class	
12:10 – 12:40	30 minutes	HIIT
12:45 – 13:15	30 minutes	Classy Core
13:15 – 16:30	No Class	
16:40 – 17:10	30 minutes	Kettlebells
17:20 – 17:50	30 minutes	Boot Camp
18:00 – 19:00	No Class	
<b>SATURDAY</b>	10:00 – 11:30	Free Gym
	11:30 – 13:00	<b>CLOSED</b>
	13:00 – 15:00	Free Gym
<b>SUNDAY</b>	<b>CLOSED</b>	

\*Please note, the green slots on our time table indicate when the main studio is available for free gym use by our clients

## OUR GYM

Alongside classes running in the main studio, we also have a superb gym equipped with a treadmill, bikes, cross trainer, leg curl/extension, chest press, lat pull-down, shoulder press, roman chair and cable machine- which is open every day for free use by our clients.



## OUR CLASSES

**HIIT** stands for **high intensity interval training**. This class is all about short bursts of exercise with even shorter rest periods. A quite intense class, but great fun and a very effective workout!!

**Circuits** may be body weight based, using weights and dumbbells, or on our cardio machines – we may even use a mixture of all of them! It is a great class and one we always suggest people try because it hits all the right notes – fitness, strength and endurance.

**Classy Core** is a class based around working the whole core. Not just the abs/6 pack! It is great for strengthening the whole midsection, front and back (including glutes and lower back work).

**Swiss Ball** is based around the exercise/stability balls – one of our more popular classes and great for core and toning. Not easy, but really good fun and not high impact.

**Boxercise** is based around non-contact boxing moves and fitness- punching, core and leg work. Very good for coordination and stamina!

**Weight Lifting** is one of our most popular classes, *especially* with the ladies! Great all over workout with bars, dumbbells and KettleBells. A great class to do after your induction.

**Boot Camp** is a mixture of all sorts. It could be bits of every one of the other classes and is brilliant to enjoy with a friend!

**Kettlebells** are great pieces of kit – tough all over workout, working a lot of the rear of the body. Hamstrings, glutes and lower back.

**Kick Start** is our morning variety class of all the above. A popular class aiming to kick-start your day (and wake you up a bit!)

# MEMBERSHIP OPTIONS

<b>Bronze</b>	(Unlimited gym use no classes)	<b>£25</b> per month
<b>Silver</b>	(Unlimited gym use plus 2 classes per week)	<b>£35</b> per month
<b>Gold</b>	(Unlimited gym use plus unlimited classes per week)	<b>£40</b> per month
<b>Student Discount</b>	<b>10% off</b> any of our monthly packages or <b>15% off</b> with a <b>Lancaster University Purple Card</b>	
<b>Platinum*</b>	(Unlimited gym use plus unlimited classes per week) <i>*This membership option is for aged 60+</i>	<b>£25</b> per month
<b>Pay as You Go Class</b>		<b>£5</b>
<b>Block of 5 Classes</b>		<b>£24</b>
<b>Block of 10 Classes</b>		<b>£45</b>
<b>Couples Membership</b>	(Unlimited gym use plus unlimited classes per week)	<b>£60</b>

# OUR PROGRAMMES

## **Diamond Personal Training Packages**

Bespoke training plan designed specifically for you, with guaranteed results (progress tracked by monthly body MOT's). Included in your package can be any of the following: nutritional advice, plan and support; postural analysis treatment and management; weekly massages; physiotherapy; foot care treatments.

## **Group Personal Training**

Book some personal training sessions with a friend and share the cost!

## **Ladies Strength and Conditioning Programme**

These programmes are all about toning up and building strength. Sarah will be teaching the basics of weight lifting and ensuring technique is perfect.

## **Ladies Boot Camp**

Get your body in shape! Our ladies boot camps are *guaranteed* to help you lose weight and tone up. With a combination of morning and evening sessions each week, this course fits perfectly around your busy lifestyle- finally you CAN find the time to work out (and have fun!!)

## **Men's Muscle Up Programme**

The basic package is 8 Weeks with 3-4 sessions per week, aiming to increase strength by up to 20%.

To get the maximum benefit, sign up for our 14 Week programme, guaranteeing even greater strength gains. During the muscle up programme you will develop your strength by working on a tried and tested system, utilising 8 weight lifting movements.

Either programme is suitable for all ages, abilities and fitness levels.

# OUR OFFERS

# 16

## FREE WEEK OF UNLIMITED CLASSES AND GYM! INCLUDING PERSONAL TRAINING SESSION

AT TRAIN TOGETHER WE GUARANTEE YOU'LL LOSE WEIGHT, TONE UP AND HAVE FUN!!!

### OTHER THINGS NOT TO MISS!!

LADIES STRENGTH & CONDITIONING COURSE

MEN'S MUSCLE UP PROGRAMME

LADIES ONLY BOOT CAMP

"WILL NEVER GO BACK  
TO A MAINSTREAM GYM  
AGAIN. CANNOT PRAISE  
THIS PLACE HIGHLY  
ENOUGH."

"PROFESSIONAL,  
SUPPORTIVE AND  
MOST OF ALL,  
GREAT FUN!"

"I HAVE BEEN TO A LOT OF  
GYMS IN THE AREA, AND  
THIS IS THE ONLY ONE TO  
KEEP MY INTEREST... I LOOK  
FORWARD TO GOING!"



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[Neil@TrainTogether.co.uk](mailto:Neil@TrainTogether.co.uk)

01524389616 / 07725482701

\*CONTACT US TO BOOK YOUR FREE WEEK AND BRING ALONG A FRIEND!

## Refer a Friend and bag yourself a treat!

If you take up a monthly membership with us and refer a friend/family member (who also joins on one of our monthly memberships), you receive a 1/2 hour personal training session!

Just a little thank you from Train Together!

# TESTIMONIALS

## **“I’ve been to a lot of gyms in the area...”**

The classes are great, they are enjoyable and every class is different which keeps it interesting. The social atmosphere is an added bonus, I have a good laugh when I am at TT, which helps battle through the exercises.

Initially I joined because it is close to my workplace. However, regardless of this if I had tried it I would have joined anyway. It fits my work ethic perfectly – personal, challenging and the classes vary.

I continue to beat my personal bests at the Train Together challenges – It’s hard not to be motivated when they are up on the board in front of you every class. It also makes it much easier to see the results.

My highest recommendation. I have been to a lot of gyms in the area, and this is the only one that has kept my interest and I look forward to going to. Prior to this, the gym was an annoyance.

*Chris- June, 2014*



## **“Cannot recommend Train Together highly enough”**

Absolutely love training here...the atmosphere is so friendly and inviting, small classes where you get to know everyone.

Neil and Sarah's knowledge is second to none and the support and encouragement they give you is fantastic.

Cannot recommend Train Together highly enough :)

*Julie- December, 2013*

## **“When I started, I could only run for 30 seconds... I now run for 40 minutes several times a week!”**

Training with Sarah and Neil has really changed my life. When I started, I was overweight and out of condition. In just under a year, I have gone through a real transformation. I now feel stronger and have lots more energy. When I started, I could only run for 30 seconds and needed a break. I now run for 40 minutes several times a week!

Sarah and Neil are professional, supportive and most of all, great fun. They know just how far to encourage you to get the best performance out of you. They have a lot of experience, which comes across in their ability to bring out the best in you. I would recommend them to anyone, whatever their ability. Most of all, they are really nice people, which makes a difference, as the whole training experience becomes a pleasure instead of a chore.

*Nicola- December, 2013*





# TESTIMONIALS

First time at train together tonight. Was BRILLIANT! Will be returning :) Really enjoyed, went at a steady pace and didn't feel any negative vibes from trainer when I needed a rest! (Very different from other gyms I have experienced). Plus my mum loved it! She has never been to a gym but said she will be returning the next day :) Love the small groups :)

*Joedie- January, 2014*

## **“I look forward to exercising now!”**

I was attempting to exercise on my own and I was never sure if what I was doing was right or if it was being effective. I didn't enjoying working out and saw it solely as a means to an end – to lose weight and I hated every minute of it. This mental attitude impacted my motivation to exercise which in turn impacted upon my confidence and self-worth and as soon as I stopped exercising weight started to creep back on. You hear horror stories of what personal trainers can be like – uber fit gym bunnies who love to make fatties like me cry or drill sergeant majors who would shout and point at me. I was worried that I would not be fit enough to work out one to one, that I would make a fool of myself and that they would tell me to leave and never darken their door again. I thought working in a large class was the way forward as I could hide at the back.



I can honestly say that since I started working with you, I really enjoy working out now – I feel confident with your instructions, you are always clear and concise, you constantly check form and posture so I know I won't get injured. I have always found core work difficult and if I struggle with an exercise, you always suggest an alternative. By doing this you make sure that I never feel silly or feel like I have failed and this has boosted my confidence. Thanks to your varied routines I have discovered that I enjoy Boxing, Kettle Bells and Rowing – none of this exercises I would have ever considered trying before. You are friendly, encouraging, you make exercising fun and no question is too daft to ask.

I have definitely experienced weight loss and inch loss and have gained muscle definition but one of the major results for me is a change in my mental attitude – I look forward to exercising now, I have confidence to try new things and I no longer try and hide at the back of the class.

*Sara- May, 2013*

Love this place. Classes are small, personal and supportive. Neil and Sarah are fantastic. They provide help and support in all areas of exercise and also help you with correct techniques. Have also provided brilliant advice about dietary requirements. Will never go back to a mainstream gym again. Cannot praise this place highly enough.

*Joanne- February, 2014*

# TESTIMONIALS

## **“I’m stronger, in better shape and my lower back has improved to a point where it is better than before my injury!”**

Before working with Neil I didn't have an exercise program and I had held off doing much exercise so as not to damage my back further after a back injury 18 months earlier.

An MRI scan revealed I had 2 squashed discs and surgery was the only option, after holding off, it later turned out this wasn't the case and arthritis is more likely. I decided to leave the NHS alone and to get on with strengthening my back and core with the aid of an expert.

Having never had a personal trainer I wasn't sure what to expect. My only reservations were that I wanted to be treated on an individual basis. Which has been spot on.



Neil is very good to work with. From an initial assessment and discussion of what I felt I needed, it has been good to see that Neil has fulfilled my objectives and gone further by discovering the roots of muscle issues seemingly going back many years, then coming up with exercises to strengthen these and increase flexibility. Unlike an hour spent with a physio, I walk out of each session feeling energised rather than beaten up! I've learnt more about how and why muscles do things working with Neil than in all my time doing PE at school. I'm fitter. Cardio vascular is vastly improved. I can do so much more without feeling tired.

I'm stronger, in better shape and my lower back has improved to a point where it is better than before my injury.

Neil always varies the sessions. We never do the same session twice, it's never been boring, and if Neil can see that I'm not up to something he will change the exercise immediately without having to think about it, a skilled fine line between pushing me but not breaking me.

*Greg- June, 2103*

## **“I had back surgery 18 months ago...”**

I have been attending Sarah's classes for a couple of years now and I have never been to a bad one! Sarah has in depth knowledge of all types of exercise and she is keen to share it with anyone who is interested. I had back surgery 18 months ago and Sarah encouraged me to continue exercising to aid my recovery. My recovery would not have been anywhere near as good without her knowledge and help. She is always supportive and takes time to ensure you are confident in what you are doing, whilst making the whole experience challenging and enjoyable.



Sarah does a variety of different 'style' circuits that are all equally as challenging and enjoyable, but focus on different things. It is impossible to get bored, or lose motivation, during her sessions as she joins in and encourages everyone to do their best. She can always offer an easier or harder version of whichever exercise we are working on, which enables anyone – regardless of their level of fitness – to partake in her sessions. She is truly an inspiration, and I would recommend her classes to anyone.

*Sarah- October, 2013*

# HOW TO FIND US



Quarry Road (passing the White Cross Pub) - pass the Adult college on your right, take the first right and we are the building on the left

South Road (opposite the RLI) – enter the estate passing the White Cross Reception on your left, exit the tunnel and turn left into a U-shaped car parking area. We are in the top left of the car park (if your back is to the RLI)

## **Train Together Functional Fitness Studio**

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