



EUROPEAN INSTITUTE OF FITNESS

BE **MORE.**



MONTHLY PERSONAL TRAINER **MENTORSHIP**

Fortnightly Web-Classes!

WE PROVIDE FORTNIGHTLY EDUCATIONAL AND PRACTICAL-BASED WEB-CLASSES AS WELL AS IN-PERSON WORKSHOPS AT OUR PT STUDIO.

Become a member £59 a month. Access fortnightly LIVE Web-Classes over Zoom. Attend monthly in-person training at hugely discounted price.



GET STARTED FOR FREE.
ACCESS OUR RECORDED
MASTER CLASS HERE
eifbmore.com/masterclass

THE SYSTEM



CLIENTS BUY YOUR CONFIDENCE IN WHAT YOU DO

- ✓ Learn to sell a solution, not a service.
- ✓ The objective is to stand out, not fit in.
- ✓ As **you** grow, so your practice or business will grow with you.



Full Schedule
(6 months)

To reserve your spot
WWW.EIFBEMORE.COM/MASTERCLASS

**BOOK
NOW**



**AUTUMN/WINTER
2024/2025**

Topics for September

Form correction and postural retraining for one-on-one and semi-private PT.
Nutrition science and accelerated fat loss.

Topics for October

How to make clients say WOW when delivering small group PT.
Onboarding and how to coach better outcomes through better accountability.

Topics for November

Packaging PT: PayGo, subscription, tiered packages and Challenge programs.
Creating semi-private PT clients from concept to sales.

Topics for December

Annual planning for 2025, making next year the best year yet!
Programming for PT boxing, circuits and group resistance training.

LIVE WEB-CLASSES
Every 1st Wednesday in the month, 12.30pm (lunchtime)
Every 3rd Sunday in the month, 7pm

ALL WEB-CLASSES ARE RECORDED AND MADE AVAILABLE TO ALL MEMBERS.
Attending LIVE offers the opportunity to engage, ask questions and truly master the content.



Topics for January

Marketing and sales skills for Personal Trainers.

Integrating principles of lower back care into everyday practice.

Topics for February

Coaching skills and conversations to help clients' motivation and consistency with their lifestyle change.

Creating client referral.

Topics for March

Measuring "fitness" and the power of formal review sessions with clients.

Warm up, correctives and injury prevention.

Topics for April

Training clients away from a traditional gym environment.

Client management apps and ways to support them along their journey.

LIVE WEB-CLASSES

Next quarter of monthly topics release January.

To include: Using alternative overload techniques (drop sets, eccentrics, super-sets etc.) in your programming, training specific populations (diabetes, high BP, arthritis, menopause etc), sales calls and online coaching (+more)



The expertise & practical workshops



GLOO FITNESS STUDIO

40 Cygnet Court, Timothy's
Bridge Road, Stratford
Upon Avon, CV37 9BG

Background

We opened this studio immediately after Covid restrictions were lifted and soared to over 150 clients in just a few months..

We also coach other students running their studios, gym-based, outdoor and sports hall and online businesses..

We'll share best practice with you to help you get clear and feel confident about your next moves.



YOUR TEAM



Allison Rumgay



Darren Tebbenham

Allison is a sports science graduate with 30 years experience as a PT and group training instructor. She is also qualified as a menopause weight loss practitioner and co-owner of Gloo Fitness.

Darren is the founder of the European Institute of Fitness, formerly a University lecturer and trainer of trainers having retrained more than 3000 health and fitness professionals in this field. He possesses a masters degree in psychology and has been a PT in Australia, Spain and the UK.



Dates

Dates and details



PRICING

Monthly membership £59

Access all Web-Classes

1-Day Workshops (at Gloop Fitness) £219

Members - £97

Join and pay £59 a month (cancel anytime) access all fortnightly Web-Classes and attend any workshop in the month for just £97!

October 27th - Nutrition coaching & consultation

November 24th - Corrective exercise & back care

December 8th - Business & a success mindset

2025 dates and content released October 31st

EIF has been training world class trainers since 2005. Our practical-based web-classes and in-person workshop will ensure you leave more confident and therefore more likely to get and keep more clients.

NEXT WORKSHOP

Sunday September 29th
Gym-based PT skills training - mastering one-on-one, semi-private & small group PT delivery

To reserve your spot
WWW.EIFBEMORE.COM/MASTERCLASS



★★★★★
MORE CONFIDENT
BETTER RESULTS