



academy

# KEEPING IT REAL.

prospectus



# REAL EXPERTISE. REAL SUPPORT.

A course at the **Soho Gyms Academy** is your chance to:

- Learn from the experts in a real working gym environment
- Get mentored by real Personal Trainers and work with real clients
- Use all our gyms for free



No other UK courses let you train in the gym itself, and alongside the professionals, like this. So if you're after a real career in fitness, read on.

We offer Gym Instructor training and the Personal Training Certificate, alongside a range of continuing professional development (CPD) courses and other fitness qualifications.

*You'll learn the job in exactly the environment where you'll build your career.*

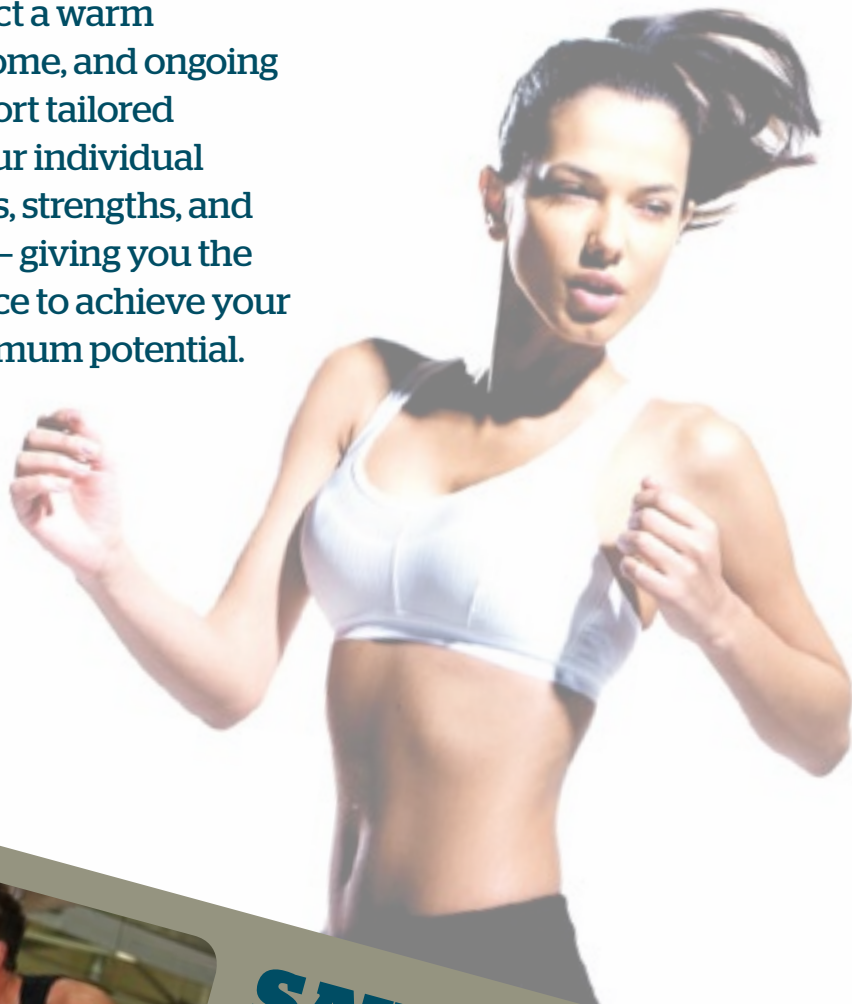
## **SAY HELLO TO SOHO GYMS**

Founded in 1994, we've got gyms in Borough, Camden, Clapham, Covent Garden, Earls Court, and Waterloo; since day one we've been all about a smart, open gym environment with the best kit and fitness innovations; recruiting and

retaining the very best PTs and class instructors; and making sure our gyms are fun, friendly clubs that people really feel a part of. Welcome aboard.



Expect a warm welcome, and ongoing support tailored to your individual needs, strengths, and skills - giving you the chance to achieve your maximum potential.



## **SAY HELLO TO CRAIG BOTHWELL**

*After completing the Soho Gyms Academy, I was fortunate enough to take part in a mock interview stage. This was exclusive to Soho Gyms - and a great tool in preparing me for my next step.*

*Three months later, I am now working in the Clapham Common club with a fantastic team of instructors, trainers and front of house staff.*

*I feel I have fast-tracked my way to success in less than 9 months. This time last year I could never have dreamed of achieving such goals in this time. Now I can't wait to see where the job takes me.*

*You'll get complimentary membership of all our state-of-the-art London gyms. So you can work - and work out for free.*

# LEVEL 2 GYM INSTRUCTOR

Your foundation in fitness: an essential course that covers all the key aspects of professional exercise and fitness teaching.

- Essentials of physiology and anatomy
- Planning and teaching safe and effective exercise sessions
- Health & Safety
- How to motivate and support individual clients



For more information, take a look at the full course details on our website.

[Click here to go to our Gym Instructor website section](#)



# PERSONAL TRAINER CERTIFICATE

This course offers the perfect springboard for your own business as a PT offering one-to-one and group fitness coaching, advice, and support.

## PERSONAL TRAINER CERTIFICATE MODULES

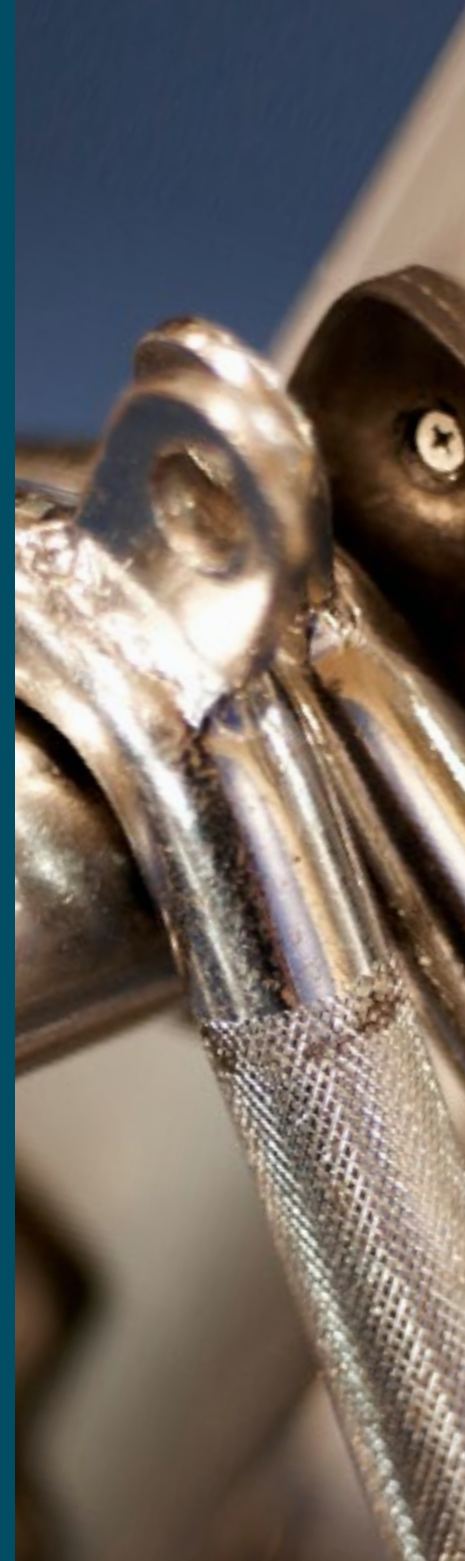
The basic Certificate has four key components:

- **Gym Instructor** (if not completed already)  
Your Level 2 foundation in fitness (see previous page)
- **Advanced Fitness**  
How to design and deliver programmes to suit a range of client abilities
- **Fitness Testing**  
How to assess new clients, analyse your findings, and spot key issues affecting their fitness
- **Exercise Nutrition**  
Understanding the role of diet in fitness, and how to guide clients to eat well



For more information, take a look at the full course details on our website.

[Click here to go to our Personal Training Certificate website section](#)



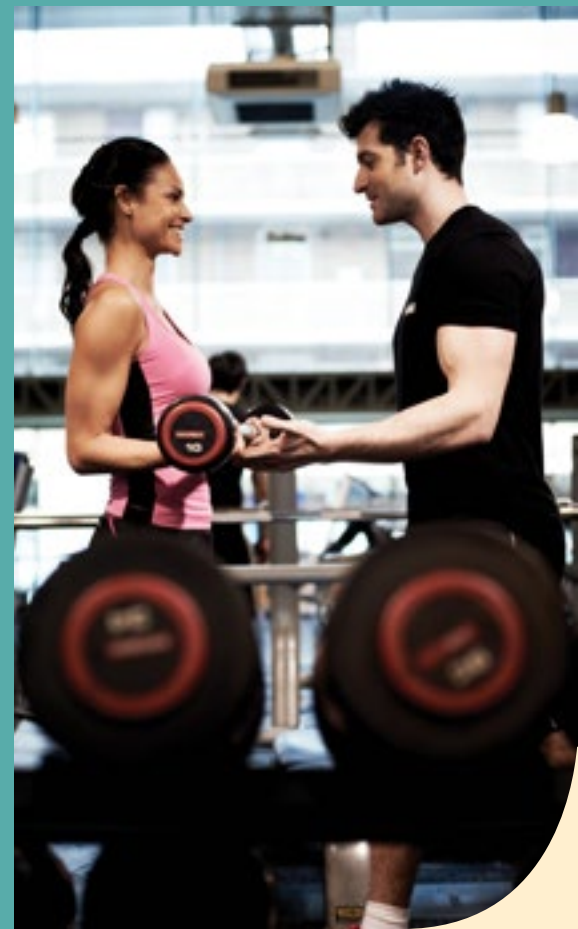
# SHORT COURSES, TRAINING MODULES AND WORKSHOPS

Alongside our core courses, we also offer a range of Continuing Professional Development options - letting you diversify what you offer clients and helping you to specialise in particular areas too.

- One Day First Aid
- Kettlebell Training
- Exercise Referral
- Nutrition for Fat Loss
- Circuit Training
- Post and Pre Natal Training

For a full list of current courses, please visit the academy area of our website

[Click here to go to our Workshops website section](#)



# ALL THE BEST BODIES

All our courses lead to Certificates and other qualifications from the industry's leading certification bodies, and are recognised throughout the industry and internationally.



Each course is an accredited programme from the Central YMCA Qualifications organisation.



Each bit of training will add to the points that take you up through the levels of qualification recognised by the Register of Exercise Professionals.



We also offer a range of continuing professional development courses to keep your career on track.



# GET YOUR CAREER IN SHAPE



## 1 HOW DO YOU WANT TO DO IT?

Choose a course format suit your plans and lifestyle.



## 2 TALK TO THE EXPERTS

You'll come face to face with London's real fitness professionals, who'll share their skills and experience to teach you all the key principles of successful training.



## 3 PUT IT TO WORK FOR REAL

Enjoy the unique opportunity to put all the ideas and theories you've learned to the test - in a real, working gym environment. There's no better foundation for your work.



## 4 KICK OFF A NEW CAREER

Maybe you'll start working for yourself after qualifying, using the contacts you've made while studying. Maybe, if you've got what it takes, you'll get to stay on - and join the team at one of our 8 London gyms.



## 5 KEEP IN SHAPE

Boost your earning potential with our short courses. Available throughout the year, these workshops and one-off sessions will keep you on top of best practice, and keep your ambitions on track.

# SAY HELLO TO **MIKE CROCKETT**

Managing Director , Soho Gyms



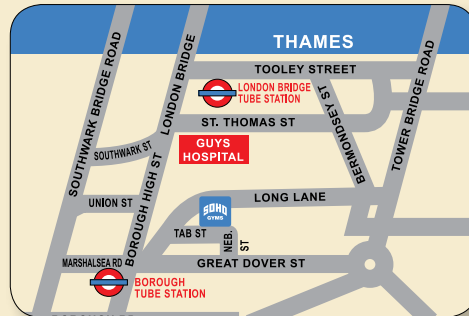
*The Academy is a key part of our business: it raises the bar for fitness training across our industry; it helps us recruit and train the next generation of fitness experts for our clubs; but, above all, it allows us to share our existing expertise and knowledge - and stay at the forefront of the latest developments in fitness.*



# IT ALL STARTS HERE.

Whether you're launching a new career, building your portfolio of skills, or just learning for fun, the **Soho Gyms Academy** is where it all begins.

[sohoacademy.com](http://sohoacademy.com)



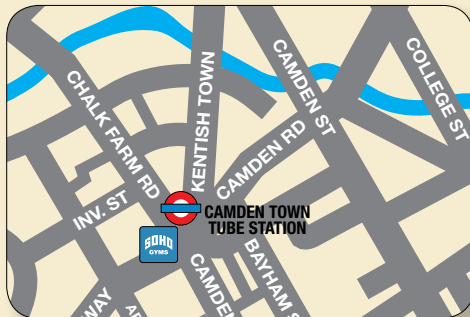
## Borough

13-16 Empire Square, Long Lane | SE1 4NA  
020 7234 9390



## Bow

221 Grove Road, Bow, Victoria Park | E3 5SN  
020 8981 7964



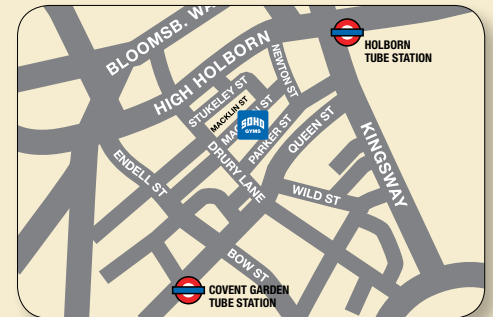
## Camden

193-199 Camden High St | NW1 7BT  
020 7482 4524



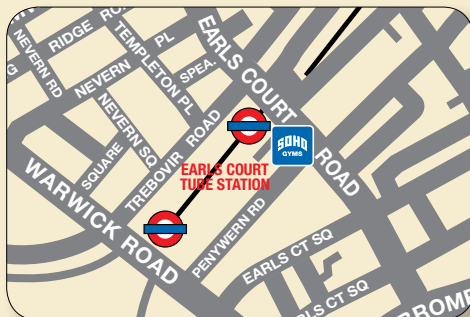
## Clapham

95-97 Clapham High St | SW4 7TB  
020 7720 0321



## Covent Garden

12 Macklin St | WC2B 5NF  
020 7242 1290



## Earls Court

254 Earls Court Rd | SW5 9AD | 020 7370 1402



## Farringdon

122 Clerkenwell Rd | EC1R 5DL | 020 7278 8070



## Waterloo

11-15 Brad Street | SE1 8TN | 020 7261 9798