



*Industry specialists offering the complete service*

# A new approach and a new experience . . .

Total Fit continues to strive towards excellence and provides a fully comprehensive service which includes:

Fitness Centre Design, Gym Management, Personal Training, Treatments & Therapies, Fitness Classes, Well-Being Retreats, Pool & Spa maintenance from one of London's most progressive fitness companies.

It is a forward thinking organisation managed by a creative team of people.

The team has relevant experience and skills, and mixes with a passion to make each of its projects successful.

## The Future

With our years of experience and consolidation of the divergence of activities, we are looking forward to continued business growth and expansion of the business.

## A Comprehensive Service

Total Fit has a specialised team with a variety of skills to offer the health and fitness industry. From advice on gym design to complex management, the 'can do' attitude and years of achievement assures success. We do not dictate how it should be done, instead we work with our customers in partnership and listen to their specific needs and requirements.

### VISION

Total Fit will be a shining example, the most successful in the fitness industry, we will spiral upwards with the best clients served in the most brilliant way by the most dedicated team

### EXCELLENCE

High standards, learning and developments taking responsibility and pride

### HONESTY

Trustworthy, open ethical

### SUPPORT

Mutual respect, valued diversity, making a positive contribution to the communities in which we operate

### CREATIVITY

Open to ideas energetic, positive and fun

### MISSION

- Establishing trusting relationships with our customers to match their needs with a brilliant service
- Being exceptional about delivering what we promise
- Keep raising our profile within the Fitness Industry
- Be seen as the centre of excellence for Fitness, Leadership and Development

Our Vision.

*“Empower people to improve their health, vitality and wellness”*



# Total Fit offer a standard of **Excellence**

Even as Total Fit grows, we make sure we hold on to the values and integrity that underline the personal service we offer to our clients.

Total Fit care about your project as much as you do, and we work hard to ensure we always give you a five star service. Our pro-active stance at every level of every project we undertake is unrivalled and it is this approach that guarantees the ongoing success of your project and our company.



## **Corporate Clients**

We provide a full and comprehensive service, from designing and building a brand new gym, right through to managing the finished project. There are business benefits for employers who take an active role in developing the health and well-being of their employees.

## **Property Developers**

Our expert team will work along side your chosen architect or you can use an architect from our own team advising and designing a first class residents Health & Fitness Centre.

## **Residential Managing Agents**

Total Fit has years of experience in managing Residential Health & Fitness Centres. Keeping to a very high standard of service and offering a clients account service which will bring in revenue to go back into the running costs of the facility.

## **Local Authorities**

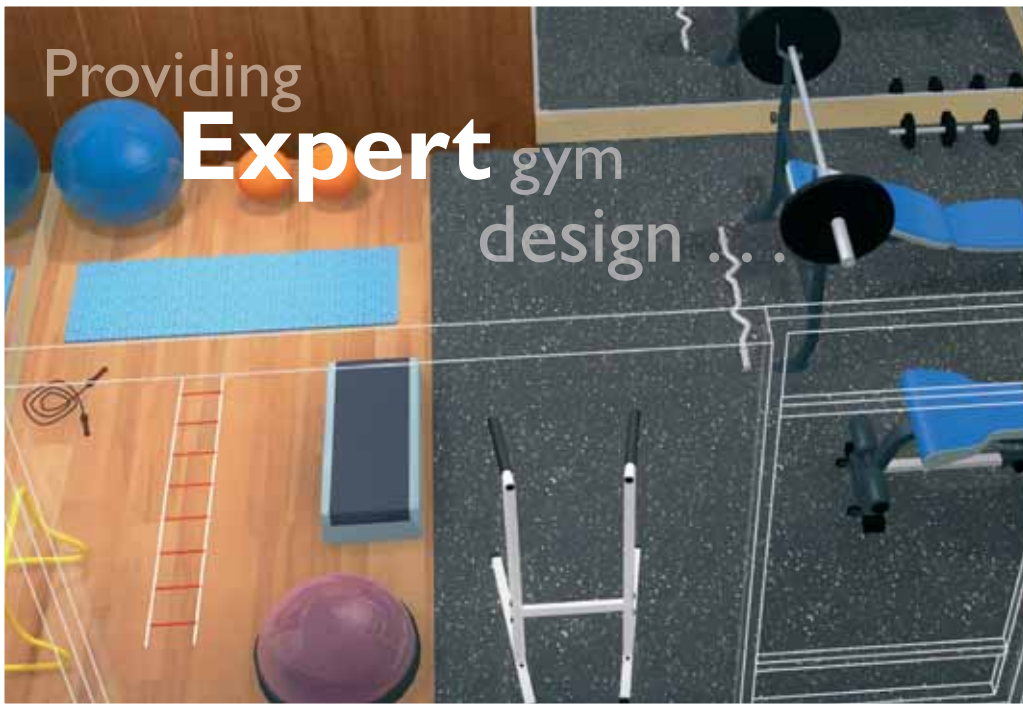
We shall work with the client to make the necessary changes enabling your club to become profitable and successful. Also providing a wide range of popular classes and treatments including Sports Massage and Indian head massage.

## **Home**

If you choose to train alone in the comfort of your own home you will quickly realise the huge benefits a home facility offers, from dedicated equipment to productive design managed to meet your goals.



# Providing Expert gym design ...



Whether you are an established gym complex looking to improve facilities and competitiveness, or a developer wanting the best design and layout, Total Fit provides design and build consultancy.

Looking at design layouts based on existing or new projects utilising established and reliable contacts within the industry, we source products and services to provide you with a hassle free package. Regardless of the briefs detail you are assured an unrivalled outcome.

From the larger items like gym equipment, spa and pool design, plant room layout to air conditioning, right down to multi-media equipment and the correct paint colour.

Free weights, studio area, beauty therapy rooms, vending machines, fake tan and sunbeds can help maximise revenue or improve the overall outcome to create an exceptional facility.

For Example:

- *What is the best utilisation of the space provided?*
- *What are the H & S implications?*
- *What type of equipment would suit your project?*  
*E.g. Life Fitness, Techo gym, Precor*
- *Finding the best financial solutions ranging from purchase through to rental or leasing systems?*
- *The best design for pool, spa, sauna, steam rooms and changing rooms?*
- *What colour paint and decor would be best?*
- *And how much will it cost?*



Design & Build Consultancy

“Industry specialists offering the complete service”

# Treatments & Therapies that benefit YOU...



Our treatments include physiotherapy, sports massage, osteopathy, reiki, acupuncture, holistic massage, Indian head massage, reflexology, nutritionist, life coach

Proactive in their approach, Total Fit offer a placement of a full management structure to run the whole facility, driving and achieving targets.

Whether you are an existing or new facility the knowledge base you gain with these services provides added value and more chance of sustainability.

Regardless of age or size, all gym facilities are fully inspected for health and safety standard's and assessed for the most suitable plan and procedures. If it is deemed necessary an upgrade of equipment or facilities may be recommended.

On site health and safety inductions are given daily or monthly to all clients and in addition courses and classes are offered with qualified trainers on a regular basis.

With this team of experts operating the site you are secured at least one permanent trainer for one to one customer interaction. Plus, you have the reassurance of a management structure, with a dedicated operational manager and deputy manager's.

Facilities that are maintained by Total Fit will also benefit from an accounts service, with reinvestment into the facility.

Total Fit will ensure that all health & safety regulations are adhered to. Policy documents, standard operating procedures, emergency action plan, accident reports, COSHH and risk assessments.

Gym Management...

*"Total Fit services operate an extremely professional, motivated and dedicated team of management and staff"*



# Wet Area Management...

- Working in conjunction with industry specialists we offer a design and maintenance service.
- We will source different contractor's to provide the best designs and quotes in the industry.
- Once everything is commissioned we will maintain the plant room, sauna, steam, pool and spa every week.
- We also provide quarterly services a year to make sure everything runs smoothly.
- Providing everything from back washing, cleaning the pool and spa, checking chemical levels and cleaning the steam and sauna, we exceed your expectations.
- All SOP will be put into place and training is provided for the staff on daily pool and spa water testing which will need to be taken every three hours.
- Total Fit protects employee's and others who may be exposed to chemicals. This includes ordering, handling and storage of materials and chemicals on site.



**Extremely** professional  
motivated and  
**dedicated...**

... classes to  
suit your every  
**Need...**



exercise classes...

## Classes to suit every need

Regardless of whether Total Fit manages your facility or not, we can provide a wide range of modern and popular classes or courses including:

- Spinning
- BTS classes
- Aerobics
- Body conditioning
- Yoga
- Pilates
- Boxing
- Gliding
- Relaxation & Stretch

*"I have never been as  
Fit or Flexible as I am"*



# ... Training with that added **personal touch**...

## Programmes

Training programmes are designed based on a pre-exercise screening assessment and plus each persons aims and objectives. Essentially each programme involves exercises that cover four main areas:

- Mobility
- Strength
- Cardio-vascular
- Flexibility



## Personal Training ...

Personal assessments can be combined with personal training if you wish, but even as a stand alone service they can be of enormous benefit to any individual or company. Our assessments are tailor made for every individual, and include measurements of:

- Weight
- Cholesterol
- Bodystate
- Blood pressure
- Body and size measurements
- Dietary assessments
- Posture assessments

*“I have not only toned up my body beyond recognition but I have gone from a size 16 to a size 14 and lost a stone and a half of weight”*



# To create total mind, body and spirit...

## Luxury Well-Being Retreats in Spain

Total Well-Being Retreats offer the ultimate in luxury well-being holidays where the guest is pampered with first class service to balance mind, body and spirit for ultimate health.

The body by correct nutrition and exercise, the mind by relaxation and controlling stress and the spirit by feeling good about ourselves.

Total Well-Being Retreats has been designed for all genders, all partnerships and individuals. The retreat is designed for a maximum of 6 guests providing a private and relaxing experience where our therapist/guest ratio is 2 to 1. You will have total guidance and support during your stay from the team.

The Well-being Retreats are perfect for all business incentives. We guarantee your staff and your company will benefit from the experience.



Well Being Retreats ...

*If you answer Yes to any of the questions;*

- **Would you like to get away from the stress of day to day living?**
- **Do you find you don't have enough energy to get through the day?**
- **Are you fulfilled, focused and balanced?**
- **Do you need time to re-evaluate?**
- **Looking for a staff incentive?**

*Look no further the total Well-Being retreat is for you!*

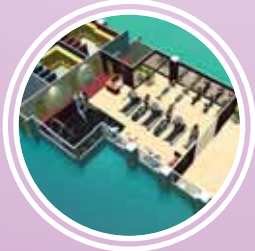
*“Total Well-Being Retreat is waiting to give you a warm welcome...”*



# What makes us special...

There are real advantages to using the services of a growing company like Total Fit, not least of which is the personalised and caring service we provide to every single client we work with.

The standards of Total Fit allows us to go the extra mile and always give 100% to each client. You'll soon discover that we take the time to listen to your specific needs. However big or small your project is, it matters a lot to you – and that means it matters to us as well.



*“Extremely Professional  
motivated & dedicated”*



** TotalFit**



Total Well-being Retreats

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