**Anything bold is not to go on website**

**Website Structure**

Main page

* About section
* Success stories
* 1 on 1 and 1 on 2 Enquiry or call
* BMI calculator

**About section** **–**

GLA fitness allows higher motivation and quicker results compared to conventional “just going to the gym”  
  
It’s a fitness coaching service for people who want an exceptional fitness experience and quicker learning times. Opposed to “just coming to the gym” we train for specific purpose.

**Success Stories –**

I would definitely recommend Saul. When I first started the gym I would really only be using the basic machines, treadmill, cross trainer etc. and I wouldn’t really be moving on to weights. With Saul’s guidance I have been able to add those and lot more in my gym experience.  
It’s not only just inside the gym that he helps with. He is a really good help outside too. If it’s that you’re unable to leave home for whatever reason, he’s there to give a plan for home fitness. And diet plans. Depending what it is you’re looking to gain from the gym he has a real good insight to what foods are best.  
- Josh Docherty

Saul is an amazing pt. I'm only three to four months in yet I've learnt so much, from never approaching the free weights area to actually doing the workouts with confidence. Before I started the sessions with him, my go to workout would mainly involve the treadmill and that was basically it. But now I'm actually starting to lift weights and learning the muscles targeted for each workout.  
I'd no doubt recommend Saul as a pt to anyone. I've noticed a lot of changes in me both physically and mentally. I can see that my muscles are more defined and I've become more toned overall. In such a short span of time I've achieved more with his guidance than I could have ever achieved alone. He's always up for helping me whether it be showing the correct forms and exercises or even fixing the workouts according to my preferences.  
- Najwa Zaidi

I'd definitely recommend Saul as a PT. He makes the sessions fun, while encouraging you at the same time. I now feel much more confident in the gym and it's so helpful to know which sets of exercises go well together (tri-sets and super-sets). Saul really listened to my goals and he changed up the plan when there were things that just didn't suit me.  
The booking system for the sessions works well & the online plan for sessions is helpful. I found that working with Saul got me in to a sustainable pattern of fitness which is really enjoyable, and I'd definitely recommend him as a PT.

**1 on 1 and 1 on 2 enquiry/ call**

Service includes:  
  
4, 8, or 12 PT sessions - To get the technique perfect and keep you accountable for going to the gym more. (Not included with online coaching)  
  
Personal Training App - To log workouts so you’re always with a plan.  
  
Nutrition accountability - Ensuring you eat correctly too, because you can’t out train a bad diet.  
  
Unlimited workout plan changes - So you aren’t stuck with a workout plan that you hate.

As much support as you need - Ask me anything, anytime, I am your personal trainer who cares about everything health related with you.

And you can bring a friend to your sessions at no extra cost!

**In this section there will be 2 options one to go to the enquiry form or another to book a call.**

**What Questions will the enquiry form have?**

Name, Number, email, fitness goal’s