

Level Up Personal Training

1.1 Business summary:

Offering Personal Training 121 on a part time basis. Appointment only around my main full time job as a PE teacher. Hours of work would eventually be (once I have built up a client base)

Monday 5pm – 8pm
Tuesday 5pm – 8pm
Wednesday 5pm – 8pm
Thursday CLOSED
Friday CLOSED
Saturday 8am – 12.30
Sunday CLOSED

At the moment I am training friends and family for free so I can use their transformation pictures to attract clients.

To pay for my gym I took out a business loan with British business bank and am hoping the money I owe them shall be paid for by paying clients eventually.

I am a single mother with an autistic daughter so I have to prioritise quality time with her to which is why I would only be working in the gym a few hours a week.

I have a large driveway with plenty of space for 3 cars but as my clients would be 121 there would be no issue with parking as I only have 1 car in my household.

1.2 Business aims:

Being a PE teacher and a qualified personal trainer having worked at David Lloyd, Puregym, 247 fitness etc I aim to help people in the community to feel better about themselves and help with mental health issues by getting them fit with exercise at a reasonable rate of pay. Also I will offer them nutrition plans and home workouts so they can maintain a healthy lifestyle by themselves.

I also run a free kids club in Wolverhampton for under privileged children aged 5 -16 at no charge during the holidays so the children have some where to attend I provide the food for them to and it keeps them off the streets and refrain from getting into trouble. I have always loved helping my community and I also run after school boxing clubs for free for children on a Thursday and Friday .

I believe the gym is beneficial to the community and is a positive business to have. I would keep noise at a minimum and my hours would be within sociable hours to not upset any neighbours. My business would have no impact on my neighbours so don't see a reason why this shouldn't go ahead. Its much more practical to have it as a gym than as a bar with loud music which I know a lot of people did during lockdown.