GATHER ACADEMY



LEVEL 3 PERSONAL TRAINING PROSPECTUS

www.gather.training

Welcome to Gather Academy

Most PT qualifications look the same on paper. Ours isn't one of them. We created Gather Academy because the fitness industry doesn't need more clipboard trainers counting reps. It needs coaches who can change lives - coaches who understand behaviour, psychology, and what it really takes to help people build confidence, strength, and health that lasts.

Our team at Gather run two thriving boutique gyms in Greenwich, with a reputation for being the gym for people who don't like gyms.



Every day we coach real clients through Small Group PT, personal training, and lifestyle change. We know first-hand what works, what doesn't, and where the industry is headed.

Why study with us?

This isn't just a course. It's your opportunity to:

- Gain a fully recognised Level 3 PT qualification (regulated by Ofqual, CIMSPA and REPS).
- Train with coaches who are actively leading change in the industry, not lecturers stuck in the past.
- Learn in a supportive, no-dickheads environment with small groups, personal guidance, and accountability.
- Graduate with real-world coaching experience and a pathway into employment, potentially with Gather.



If you want to launch a career as a coach, or simply invest in a skillset that can transform your own training and lifestyle, this is where you start.

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What makes us different?

At Gather Academy you'll get:



- Hands-on coaching experience — you'll work with real people, not just theory and slides.
- A career pipeline — graduates are considered for coaching opportunities at Gather, or supported to launch their own business.
- A boutique training environment — learn in our SGPT gyms, not a lecture theatre.
- Behaviour-change tools — discover how to help clients make changes that stick, long after the session ends.
- Community and support — from day one you're part of our team, with direct access to coaches who've built sustainable, thriving careers.

This isn't about passing an exam. It's about becoming the kind of coach who can thrive in an industry that's changing fast.

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What you'll learn

The qualification covers all the essentials (anatomy, nutrition, exercise programming, client consultations), plus the areas that actually make the difference in the real world:

Functional anatomy for performance

Understand the body inside out, and how to move it well for strength, health, and longevity.

Principles of Personal Training

Go beyond safe and effective to create sessions that are engaging, motivating, and truly life-changing.

Nutrition for health & performance

Use clear, practical strategies that cut through the noise and deliver results that actually last.

Programming & delivering sessions

From one-to-one to group, build progressions and regressions that meet every client where they are.

Build a business & successful career

Learn how to build, market, and sustain a thriving PT practice in the real world.

Case study integration project

Apply everything you've learned with a real client, bringing knowledge and coaching to life.

What this leads to



Once you're qualified, the doors open

- Work in gyms or studios across the UK
- Start your own PT business
- Join the Gather team and coach in our SGPT model
- Progress into specialist CPD, behaviour change coaching, or other advanced qualifications

And because we're plugged into the industry every day, we'll keep supporting you long after you've graduated.

Course structure & commitment

- **Duration**: 10 weeks (part-time, with ~8 hours per week of study and practice).
- **Format**: Weekly in-person training at Gather North Greenwich + online study and assessments.
- **Assessments**: Six written booklets + video evidence of coaching a client.
- **Support**: Direct tutor contact, video resources, and ongoing feedback.

We've designed this to work alongside jobs, studies, or family life. No prior fitness qualifications needed.

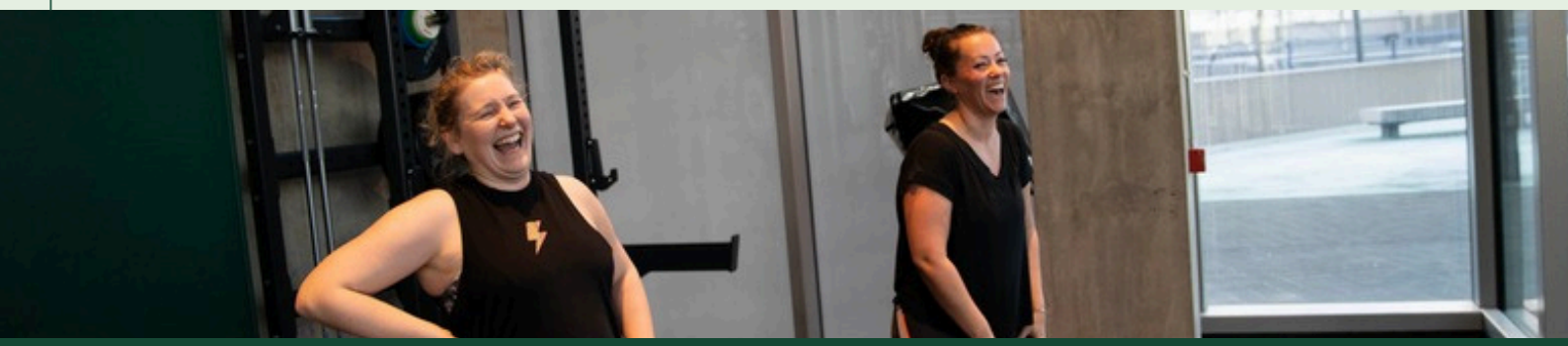
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Is this right for you?

Gather Academy is for people who

- Want a career change that makes a difference.
- Are passionate about health, fitness, or helping others.
- Think differently - creatives, performers, career-switchers, outsiders.
- Want a career with flexibility, freedom, and meaning.

If you've ever thought, "I'd love to do what you do," this is your chance.



Spaces are limited to 10 per intake to keep the quality high and ensure you get personal attention.

To apply or find out more,
email **bella@gather.training** or call **07424 078133.**

Your career as a coach could start here.