



Training for the
serious fitness
professional

WELCOME TO YOUR FUTURE

PERSONAL TRAINER

NUTRITION SPECIALIST

PILATES TEACHER

AEROBICS INSTRUCTOR

STUDIO PROFESSIONAL

www.futurefit.co.uk

THE UK'S LEADING PROFESSIONAL FITNESS TRAINING PROVIDER



**OUR TUTORS
REALLY BRING THE
COURSES TO LIFE**

WELCOME TO YOUR FUTURE >>

**FUN. ACTIVE. CHALLENGING.
SOCIABLE. DIVERSE.
YOUR NEW JOB DESCRIPTION**

Becoming a fitness professional is one of the most rewarding and lucrative career choices you could ever make. There is nothing more satisfying and enjoyable than helping someone to achieve their fitness goals and making people feel good about themselves.

As the UK's elite fitness training provider, Future Fit Training is dedicated to giving you the best possible start towards achieving your dream career. We enjoy an envied reputation in the industry by offering the highest calibre and most affordable fitness qualifications around - enabling people like you to become topflight fitness professionals.

As a Future Fit student, you'll be guided by our team of experienced and highly qualified tutors through a range of accredited training courses; designed to give you the qualifications, knowledge and experience you need to follow a career in the fitness industry.

OUR COURSES

Our prospectus offers you a guided tour of our diplomas and courses, with all the information you need to get started on your path towards your new career in fitness.

Whether you want to become a Gym Instructor, Personal Trainer, Exercise to Music Instructor, Pilates Teacher or Nutrition Specialist; each course is designed

to give you the specific hands-on skills you need to progress in your chosen field.



You can specialise in a single course or build your own training package made up of the courses you choose. With every course we provide first class support to guide you through your training and, when you're qualified, we can offer you guaranteed job interviews with some of the UK's best-known gym chains.

Our experienced Careers Advisors are happy to help you select a training programme or diploma that's right for you. For more information visit our website at www.futurefit.co.uk or call us on 0800 458 1388 or 01329 829444.

"Future Fit was founded over 17 years ago from our desire to improve the standards of fitness training in the UK. We've grown since then, but we have never lost sight of the need to drive up teaching standards and produce the highest quality students with valued qualifications that employers take notice of. Quality is our motivation and our students are our passion. Your satisfaction is paramount to us and we'll do everything we can to ensure you'll be delighted, with all aspects of your training with Future Fit."

Future Fit founders Rob & Kath Johnson

WHY THE FITNESS INDUSTRY?

DISCOVER TRUE JOB SATISFACTION WITH A CAREER IN THE FITNESS INDUSTRY

Imagine a new career where you look forward to going to work every morning and you always enjoy your day. The health and fitness industry offers job opportunities and a working environment that is unparalleled in other industries. According to a recent study, people employed in the industry are among the most satisfied workers in the UK. Here are a few of the reasons why...

HELP OTHERS TO ACHIEVE THEIR GOALS

A career in health and fitness is one of fantastic reward. What could be more fulfilling than someone coming to you to help change their life? With your expert guidance and their hard work, they can achieve their goals while having lots of fun.

BEING PART OF A THRIVING INDUSTRY

The health and fitness industry is booming and the demand for fitness professionals has never been greater. With the 2012 Olympics coming to London and the Government's drive to improve the health of the nation, fitness, health and well-being is likely to be high on everyone's agenda for years to come.

NO TWO DAYS ARE THE SAME

Your days will be full of variety, offering new and exciting challenges. You may find you are doing personal training

one day and taking exercise classes the next. Every day brings new experiences and the chance to meet a diverse range of people.

GREAT CAREER OPPORTUNITIES

Opportunities for qualified fitness instructors and personal trainers are no longer confined to the gym floor. As a Future Fit graduate you could travel the world, be a personal trainer to the stars or coach future sporting champions.

FINANCIAL REWARDS

Turn your hobby into an investment. The fitness industry provides a great opportunity to enjoy your work and make a good living. Salaries vary by location, discipline, qualifications and the variety of fitness areas you cover. The more you can offer clients, the more you can expect to earn.

IT'S FUN!

Work isn't meant to be fun, is it? Try telling that to our graduates! Something we hear again and again from our students is how much fun they are having in the industry and how much they can't wait to take some more courses to top up their knowledge.

"There aren't many other things in life that are more rewarding than helping somebody reach their goal."



THE UK FITNESS INDUSTRY...

- › Has grown more than 75% over the last 10 years and is continuing on an upward curve
- › Was valued at £3.8 billion in 2010
- › Currently employs over 200,000 in the UK
- › Offers excellent employment opportunities. Employment in the sport and leisure sector rose by 3.9% last year
- › Is nationwide with 90% of the population living within two miles of a health and fitness club or publicly-owned fitness facility
- › Is a growth industry with 122 new public and private fitness facilities opening in the 12-month period ending 31 March 2010
- › Has over 5,885 fitness facilities in the UK





WE KNOW

EVERYONE

WANTS

SOMETHING DIFFERENT



WHY FUTURE FIT TRAINING? >>

QUITE SIMPLY, WE'RE THE BEST IN THE BUSINESS

Choose Future Fit Training and you'll receive expert advice, unsurpassed support and the highest quality training that money can buy. We are, quite simply, the best in the business, and here's why...

REAL QUALIFICATIONS

We have over 17 years of experience training successful fitness professionals and delivering meaningful qualifications that employers take notice of.

Our courses are developed by the leading fitness experts in the country, ensuring you receive the best and most relevant work-related, competence-based qualifications available.

Whichever career path you choose in the industry, our training will give you the platform to be the best you can be.

THE HIGHEST STANDARDS OF ACCREDITATION

All of our internal systems and most of our courses are continually monitored by external bodies to ensure we maintain the highest quality.

BSI regularly audits our Quality Systems to ISO 9001:2008 standard. In addition, we are a founder member of The Register of Exercise Professionals (REPs).

We work with City & Guilds, the biggest name in vocational education in the UK, to offer a wide portfolio of qualifications. These include QCF, SVQ and National Vocational Qualifications (NVQs).

Active IQ, one of the UK's leading Ofqual approved awarding bodies, audits us to assure that our Pilates and GP Referral courses are delivered to the required standards.

OUR COMMITMENT TO YOU

At Future Fit you're not just a number on our books. We treat every student as an individual, with specific training needs.

From day one, we'll support you through every step of your training. You'll be assigned your own dedicated support team who will give you all the help and guidance you need to get qualified. They'll help you with everything from planning and booking your training dates, assisting you with any problems you may encounter during your training, right through to registering you on REPs.

Our highly experienced and knowledgeable technical support tutor team is also available to you whenever you need them. They'll guide you through all areas of your learning and development and check your progress regularly. In addition, our online Student Zone gives you access to your training programme 24/7.

AS A FUTURE FIT STUDENT YOU WILL RECEIVE:

- > Your own dedicated Student Support and Technical Support Tutor team
- > A flexible training plan allowing you to study at your own pace and in your own time
- > 24/7 access to support in your online Student Zone
- > Free careers advice
- > Guaranteed interviews with the leading gym chains once you qualify
- > A range of affordable and flexible payment options

For further advice simply call our dedicated careers helpline 0800 458 1388 or visit www.futurefit.co.uk

SUPPORTING YOU AT EVERY STEP >>

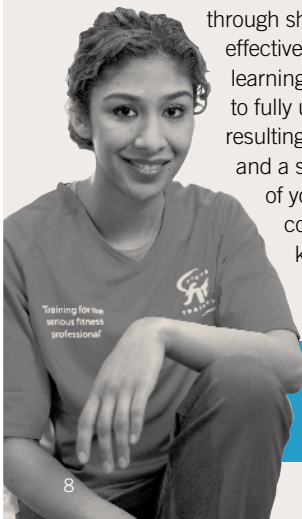
HELPING YOU TO BECOME AN ELITE TRAINER

STUDY AT YOUR OWN PACE AND IN YOUR OWN TIME

Many people nowadays lead busy lives. That's why our training programmes include a mixture of distance and e-learning home study courses as well as weekend workshops. This means you won't have to wait for your circumstances to change to start your training.



And there's another benefit to our approach. This results from the fact that studying a new subject through short manageable sessions is more effective than extended periods of intensive learning. Our methods give you more time to fully understand the fundamentals, resulting in a higher retention of information and a stronger pass rate. At the end of your course, you'll graduate with confidence in your new found knowledge and feel ready to embark on your new career.



We're continually developing new courses to ensure you can stay at the top of your game. Plus, we're always looking to open new locations so you don't have to travel far to your workshops.

HELPING YOU MAKE THE RIGHT CHOICE

Our support teams can offer you all the information and assistance you need when it comes to making a decision about your new fitness career - we can even help you get a job when you graduate. We'll take the time to get to know you and your career goals, and ensure you build the best training programme to meet your needs. If you have ambitions of starting your own business, our expert team will also provide all the help and advice you'll need.

To find out more, or just have a chat, call our dedicated careers helpline on 0800 458 1388 or 01329 829444. Or pay a visit to our website at www.futurefit.co.uk

PAYING FOR YOUR TRAINING MADE EASY:

We offer the simplest and most flexible ways to pay for your training. Simply choose the best deal to suit your needs and circumstances:

- › Pay as you learn - put down a minimum deposit of £125 and then set up monthly direct debits to pay for the balance
- › Pay a deposit then settle the balance - put down a minimum deposit of £125 then pay the balance up to 3 months later before you start your training
- › Pay in full – simply pay for your training in one lump sum

For further information or to make a booking call 0800 458 1388 or 01329 829444, or visit www.futurefit.co.uk



TRAINING DESIGNED

TO FIT

AROUND YOUR LIFE



ALL THE HELP AND INFORMATION YOU NEED - IN ONE PLACE

STUDENT ZONE

HERE TO SUPPORT YOU ALL THE WAY!

At Future Fit Training we pride ourselves on the high standard of service we provide for our students. Our aim is to ensure your learning is an enjoyable, beneficial and stress free experience. As soon as you are enrolled on a Future Fit diploma or training programme, you'll be given access to your very own Student Zone on our website www.futurefit.co.uk

24/7 ONLINE SUPPORT

During your training programme you are bound to have questions such as "What time does my course start?", "Where is my course being held?" and "How do I get to the venue?". The answers to these questions (and many more) can be found in the Student Zone.

Packed with all the information you need to complete your course, the Student Zone is the place that you can go to review the progress of your training programme at any point during your studies. You can view the details of all of the courses you are booked onto, access your online assignments and check when your next assessment dates are scheduled.

The Student Zone also offers a range of online tools designed to assist you in your studies, as well as a wide range of links to additional reading material and resources such as our Future Fit partners, fitness industry websites and related organisations.



E-LEARNING GUIDES AND STUDY TOOLS

Many of our courses are delivered online via e-learning, and consist of professionally-designed home study modules sent directly to your PC or laptop. To access them, you simply log in to the Student Zone, wherever you may be, and proceed to complete your lessons in your own time and at your own pace.

YOUR OWN DEDICATED SUPPORT TEAM

If you have a question relating to your training programme and you can't find the answer on the Student Zone, you can contact your dedicated training coordinator. Alternatively, if you need help with part of your course, our technical support tutors are just a phone call or email away.



Our student support is second to none. We're here to help make your training both rewarding and fun.



HOW MUCH COULD YOU EARN?

- > Personal Trainer (employed) - £20-£50 per hour
- > Personal Trainer (self-employed) £20-£100 per hour
- > Nutrition Specialist - £20-£40 per hour one-to-one/£80 per hour groups
- > Pilates - £30-£50 per hour (London) or £20-£30 per hour (rest of UK)
- > Studio Professional - £30-£40 per hour (London) or £15- £30 per hour (rest of UK)
- > Total Immersion - by taking this diploma you are giving yourself the opportunity to earn the most money, appeal to the most clients and offer the most specialised service

**LOOK FORWARD
TO MONDAY MORNINGS
ONCE AGAIN**

CAREER OPPORTUNITIES

WE'LL HELP TO GIVE YOU A HEAD START IN THE CAREER OF YOUR CHOICE

Once you have completed your training, the support doesn't stop: our aim is to do all we can to ensure you are ready to start your fitness career. We have some exciting initiatives that will help make your path from student to fitness professional easier, including...

FREE EMPLOYMENT ADVICE

Just like any other industry, getting your first job as a fitness professional is a competitive process. As a Future Fit graduate, you'll not only benefit from the best qualifications in the industry, but our dedicated student support team can offer you plenty of tips on how to make your application stand out and how to gain valuable on-the-job experience.

The most popular route for students to enter the fitness industry is by working for a recognised gym chain or health club. If you're looking to start your career at one of the UK's top health clubs or organisations, we can guarantee you an interview. Our Student Zone can also help with advice on writing the perfect CV and preparing for your first job interview.

GUARANTEED INTERVIEWS WITH THE UK'S TOP FITNESS ORGANISATIONS

Thanks to our unrivalled reputation and the high calibre of our students, some of the UK's most well-respected companies offer guaranteed interviews to our diploma graduates for positions as fitness instructors, studio based instructors and personal trainers.

HELP WITH STARTING YOUR OWN BUSINESS

Thanks to the help received from our experienced student support team, many of our students have gone on to

create their own successful fitness empires. Future Fit Training courses offer the perfect platform to start your own venture and our Student Zone features a range of essential guides to help you get started. Whether you're looking to set up your own Mat Pilates or Exercise to Music class, start a Personal Training business or organise a slimming group, each guide is packed with useful advice on how to go about it.



OUR GUARANTEED INTERVIEW PARTNERS

- | | |
|----------------|-------------------|
| David Lloyd | Nielson |
| Fitness Agents | Roko Health Clubs |
| Fitness First | Solo Fitness |
| One Lifestyle | |

You can find out more about each company and the types of positions available on our website www.futurefit.co.uk

WISHING YOU EVERY SUCCESS >>

FUTURE FIT GRADUATES SHARE THEIR OWN INSPIRING JOURNEYS WITH YOU

“ I’ve been very happy with the training and support I’ve received, and have since recommended Future Fit to loads of people. I stick to their methods almost religiously because they work so well, and I feel that as a result my teaching is to a high standard... I’m always getting feedback confirming that, from customers and colleagues alike! Working in the Health and Fitness industry is the best move I ever made. It’s changed my life. I’ve not yet had a day where I can’t get motivated for work, and even if you are having a tired day, once you see your clients they soon cheer you up. It’s fab!”

CLEO MOFFAT
Studio Professional

“ I’m still happily studying for my Total Immersion! Diploma with Future Fit, but I also wanted to get straight out into the industry – so I worked hard to become a Club Manager at Oriel Country Hotel in Denbighshire. My job consists of training our hotel guests and members in whatever aspect they would like – from boxercise to regular gym sessions. Not many people can say that they actually love their job, yet I’m now one of those people!”

ADAM JONES
Total Immersion!

Whatever path your fitness career takes, whether instructing on a beach in Bali, personal training in Tring or running a weight loss clinic in Wales, Future Fit Training will provide you with the skills and support needed to make you a success in the fitness industry – our reputation depends on it.

“ The Training Co-ordinators at Future Fit were excellent. As a result I’ve already recommended Future Fit to a number of people who’ve taken an interest in what I’ve been doing for the last 12 months. I’ve gained employment with a local leisure centre as a fitness advisor, and I also run a number of circuit training classes. Future Fit gave me the confidence, motivation and qualifications to find employment, and I’m pleased to say that I’ve moved from my retirement as a police officer into an occupation that I find very interesting and rewarding.”

MARK LEE
Personal Trainer

“ I would recommend this career to anyone who has a passion for fitness. I get to share my passion and enthusiasm for Pilates on a daily basis, and nothing is greater than making a client feel great about themselves – inside and out!”

JENNIFER LAU
Complete Mat Pilates

“ I decided to enrol on the course and make fitness and health a priority in my life and my career. It has now been over a year and I’ve never looked back. I am lighter, lean, fit, healthy and most importantly – happy. I launched my new business, and I’m working from home in a converted fitness studio. I offer clients one-to-one fitness instruction, Pilates and nutrition and weight management. I am passionate about this new career and I hope my passion and enthusiasm will rub off on clients who are looking to improve their fitness and nutrition.”

STEVE CUVIELLO
Advanced Personal Trainer, Fitness and Nutrition



ARE YOU
READY TO MAKE
A CHANGE?



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WEB › www.futurefit.co.uk

CAREERS HOTLINE › 01329 829444

TRAINING CO-ORDINATORS › 01329 823400