

TRAIN WITH US

**Exclusive Personal
Training in Dublin's
Docklands**



TH TRAINING
PRIVATE GYM & COACHING
WWW.TH.IE



WELCOME TO TH TRAINING



We are a private training gym in Grand Canal Dock, Dublin 4, offering fully private own-door training & wellness pods where you can train in the comfort of your own fully customisable space.

For information or advice on which options would best suit your needs, please contact us at:

TH Training

The Anchorage, 3 Ringsend Rd,
Grand Canal Dock, Dublin 2, D04 X924

Tel: 01-4413933

Email: Tristan@th.ie



OUR SERVICES

You can choose from any of the following services, or combine them as you wish:

- 1. Personal Training**
- 2. Private Training Pods**
- 3. Online Weight Loss Coaching**
- 4. Online Personal Training**
- 5. Life & Health Coaching**
- 6. Discovery Report**

01. PERSONAL TRAINING



PERSONAL TRAINING

If you'd like expert guidance and support in reaching your fitness goals, we offer Personal Training in your own private training space. This means you do not share any space or any equipment with anyone else - it's just you and your coach.

All our personal training sessions are bespoke and customized to the unique goals and circumstances of each individual, and you don't need any experience to start. Our approach focuses on providing you with the quickest, safest and most efficient path to your goal. There's no sweating for the sake of it, and no shouting - we operate in a supportive environment that provides intelligent, targeted solutions.

With 15 years of experience and a proven track record of results we know what to do to help you achieve your goals, whether that's losing weight, building muscle, getting stronger, building confidence or just feeling better.

Personal Training Details:

Rate:	From €75/week
Session:	45 minutes
Booking:	Weekly sessions booked online

02.

PRIVATE TRAINING PODS



PRIVATE TRAINING PODS

If you prefer to train alone, we offer a private gym like no other. You won't share any equipment or space with anyone else. You have your own-door access to a fully-equipped training space just for you. You book your own time slot, which helps with accountability and structure.

You have your own sound system so you can pick your personal soundtrack to your workout or wellness practice. There's adjustable mood lighting which you have full control over, to help you feel energised or chill out.

You have access to your own iPad where you can run your personalised workout, control your soundtrack and even do a virtual workout with your coach.

Private Training Pod Details:

- Rate:** From €25/week
- Session:** 45 minutes
- Booking:** Weekly sessions booked online



03. ONLINE WEIGHT LOSS COACHING

ONLINE WEIGHT LOSS COACHING

Despite our best efforts, many of us struggle to reach and maintain a weight or physique that we really want. If you're ready for something better, we invite you to use what our clients have used to lose weight, get more energy and live a healthier life.

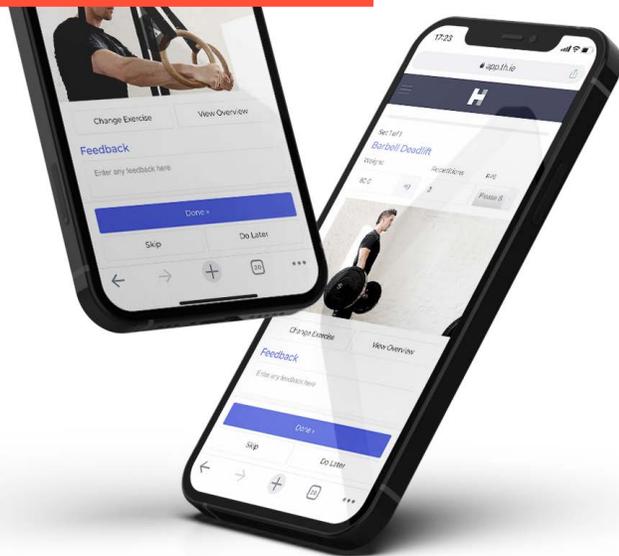
With our Online Weight Loss Coaching program, you work with a coach who is accessible for support, guidance and motivation to keep you on track to your goals.

With this programme you gain tools, knowledge and practices that will make changes to your body and life permanently. We help you to build healthy, sustainable nutrition practices that align with real life, without deprivation or complexity.

Online Weight Loss Coaching Details:

- Rate:** From €25/week
- Format:** Daily nutrition practices
Accessible online 24/7 regardless of location
Ongoing online support from your coach

04. ONLINE PERSONAL TRAINING



ONLINE PERSONAL TRAINING

Reach your training goals in the fastest, easiest and most supported way possible with our personalised bespoke Personal Training programs.

No matter what your current level of fitness or experience, we will build a training plan that meets you where you are and helps you to progress towards your personal goals.

You can reach out at any time to one of our coaches to help guide, support and motivate you in any challenges you face. We draw on 15 years of experience to deliver your online program in an accessible, easy to use way so you can just focus on your training.

Online Personal Training Details:

- Rate:** From €25/week
- Format:** Fully personalised plan delivered on our app
- 24/7 access to your program
- Programs evolve to match your progress
- Video instructionals, tips and guidelines provided as you train
- No specialised equipment needed
- Ongoing online support from your coach

05.

LIFE & HEALTH COACHING



LIFE & HEALTH COACHING

This is for anyone who wants to seriously up-level their life, with a holistic approach combining the physical, mental & emotional.

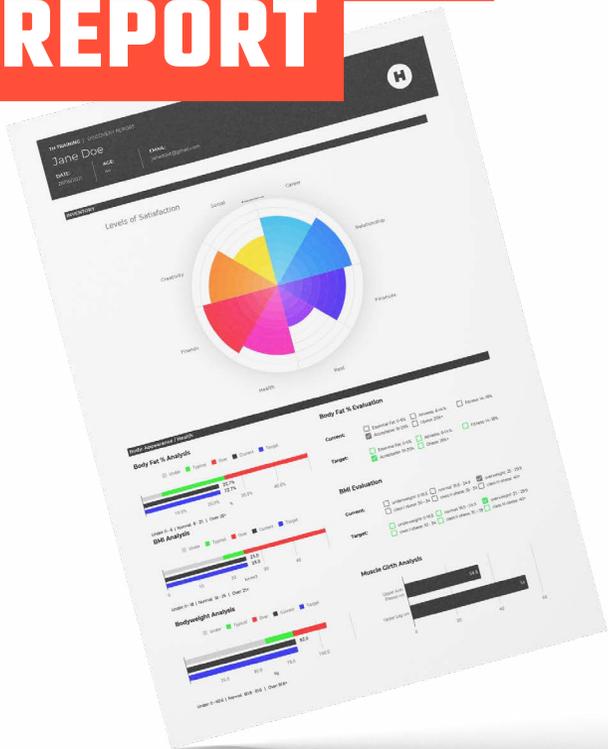
You work exclusively with Head Coach Tristan as he guides and supports you through any challenges you may encounter. Tristan only works with a very limited number of clients at any time so that he can give his best energy and support to every individual.

Through Tristan's own journey and those of the clients he has helped, he has gained deep experience of the many physical, mental and emotional challenges we all face, and can offer expert guidance and support to clients who wish to reach their fullest potential.

Life & Health Coaching Details:

Format: Life & Health Coaching is by invitation or referral only. Please contact us to join the waitlist.

06. DISCOVERY REPORT



DISCOVERY REPORT

Our Personalised Discovery Report is a fully personalised report on your current level of fitness, strength, mobility, and mindset. The Discovery Report is your chance to find out exactly where you are now and what's possible for you in the areas of body, being and balance.

Through an interview and a guided assessment, you will receive solid metrics on areas such as bodyfat levels and strength, health and wellness markers. Take the guesswork out of reaching your goals, whether it's losing weight and feeling fulfilled. The Discovery Report is the first step in the exact plan to get you from where you are now to where you want to be.

Discovery Report Details:

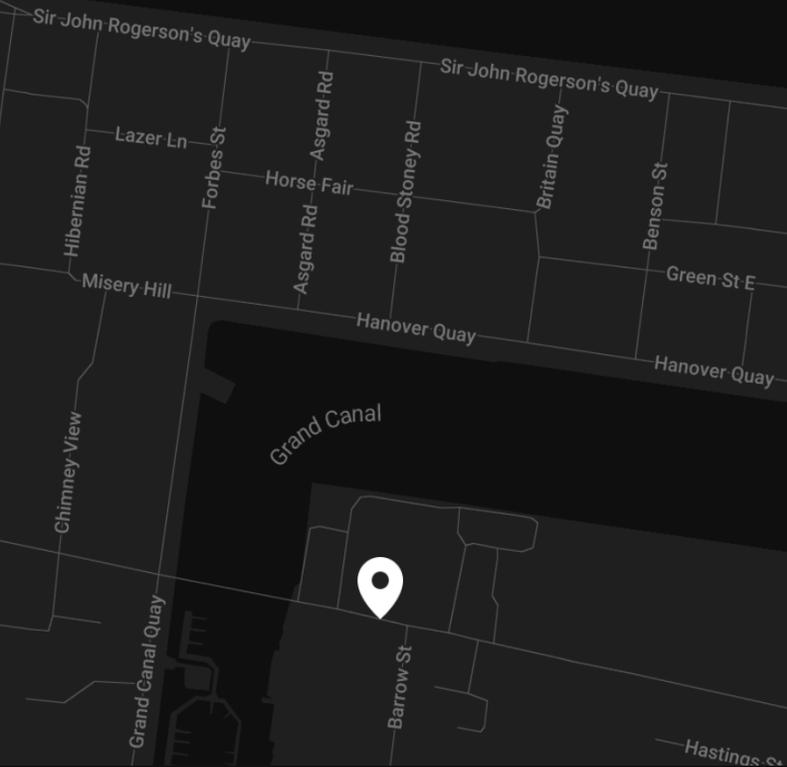
Rate:

Discovery Reports start from €100

Format:

A personalised report with a clear picture of where you are and where you can be
Updates show progress in the areas that are important to you

GET IN TOUCH



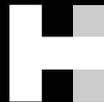
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