



TEAM GOSS
- FITNESS -

“MyTime”

The online home fitness plan for women!



The Workout Plan:

You will receive 3 workouts for each week provided via the Truecoach APP. How many you complete is up to you, however, to get the best success you will need to aim to complete all 3 every week. They all last between 20-45 mins.

Each exercise has various options depending on difficulty or equipment and you can pick whichever option suits you and mix & match.

There will be some bonus short workouts on the Facebook Group that you can add in if you would like to!

We will work in 4 week blocks which means we focus on the same exercises for 4 weeks but will build in intensity as the weeks progress. You are welcome to give feedback either via your monthly check-in form or in the Facebook Group in order to shape the next month's workouts if you wish!

You will be able to attend Saturday Club! Our live workout at the Team Goss studio & paddock (if you live nearby - North Weald CM166EQ) or Via Zoom (if you live further afield).

Equipment Required:

Exercise mat, Pair of dumbbells you can lift overhead, mini glute band, Long Resistance band.

****In order to progress you will need to be prepared to invest in heavier weights once your body adapts, although, I will also give you some tips on how to intensify the exercises with the equipment you have.**

Facebook Group:

I will be inviting you to join a private Facebook group where I will share Nutrition education, habit tracking, weekly focus points, mini workouts, and motivation! This will be a safe space for you all to share your thoughts, progress, struggles, recipes, advice, and ask questions! Please do not be afraid to share experiences and also offer advice to one another.

Monthly Check-Ins:

Each month you will be invited to “Check-In” with me. I will upload a link to a check-in form on the facebook group and there will be 3 options:

(1) Just to let me know you are ok with what you are doing this month and do not require to check-in

(2) A “Short & Sweet” check-in where you can let me know how your month has been, if you need any advice & your biggest WIN for the month. You will be able to request feedback from me.

(3) A full check in where you can let me know more about what you have achieved, if there is anything you are struggling with, whether you need any advice, what habits you are working on, how your nutrition is going etc & request some feedback.

Health & Safety

Once you confirm you would like to sign up you will be sent a health questionnaire to fill in (* You will only be sent the workout plans once you have filled this in)

Price:

Monthly Subscription £40 per month (payment details & T&Cs will be included in your welcome document)

If this plan sounds like just what you've been looking for contact me on info@teamgossfitness.co.uk or 07968 965 970 to join!

Nicola x

Finally, a little bit about me:



It's daunting signing up to something if you don't know the person offering it to you so here is a little info on me:

You can call me Nic, Nicky, Nikki!. I am Mum to 2 teens (Lord help me), a crazy German Shepherd and a feral cat (she is actually our cat with a loving home, she just likes to run wild).

I am a dedicated, passionate personal trainer & the founder of Team Goss Fitness, a personal training service that focuses on empowering women through fitness.

I specialise in crafting personalised workout plans that cater to women's unique goals, body types, injuries, likes & dislikes. In my private studio I strive to foster a supportive and motivating environment, ensuring that my clients not only achieve their fitness goals but also embrace a balanced, healthy lifestyle.

I completely understand the barriers women can face when it comes to their health, fitness & finding time for themselves!

How do I understand this.....?

By being a busy working mum myself of course! As well as being a PT, I work part-time as a Professional & Financial Lines Claims Adjuster and have done for 20 years! I now work from home but I've certainly done my fair share of travelling back and forth into London day in day out & know what that feels like!

3 things you may not know about me:

(1) my favourite food is lasagne

(2) I used to ice skate for Great Britain (Synchronised Ice Skating - Google it, it's very cool - in my opinion!)

(3) I'm currently training to be a Menopause Coaching Specialist!

So that is me, I am committed to helping women to build confidence & competence in the gym!

Team Goss Fitness is based in North Weald, near Epping in Essex.

Thank you for being here!