

# MEET



# OUR



# FITNESS TEAM



## Geoff Pendrill

Personal Trainer



To purchase personal training with me please contact reception or email me:  
[geoff.pendrill@nuffieldhealth.com](mailto:geoff.pendrill@nuffieldhealth.com)

### How can I help you:

- I can use my knowledge of endurance aerobic training as a Scottish Athletics Coach, to help you improve your times from 5k to marathon
- I can use advanced boxing skills to deliver an invigorating workout
- Having worked as a project manager in NatWest previously, I understand the importance of exercise in combatting stress in a working environment

### What my clients say:

"After experiencing high blood pressure I was concerned about continuing to train to a high intensity. Geoff has helped me lower this through regular exercise and moderated my exercise to enable me to train safely."

How you feel tomorrow starts today  
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## Dawid Paterek

Personal Trainer



To purchase personal training with me please contact reception or email me:  
[dawid.paterek@nuffieldhealth.com](mailto:dawid.paterek@nuffieldhealth.com)

### How can I help you:

- I'll assess your level of physical fitness and depending on how physically fit you are, design and exercise programme for you to improve your general fitness or work on specific goals
- I'll teach you how to lift weights so you'll gain knowledge that will help improve your everyday life and reach your fitness goals in a much more effective way

### What my clients say:

"After so long away from the gym during lockdown, I wanted to kick start my training. Aiming to level up with weights, Dawid has taken me back to basics, teaching me weight training technique, plus really importantly, to stretch correctly. This has then supported my ability to now lift heavier, which, after 20+ years in the gym, I hadn't achieved on my own"

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## Blair Thomson

Personal Trainer



To purchase personal training with me please contact reception or email me:  
[blairjthomson@gmail.com](mailto:blairjthomson@gmail.com)

### How can I help you:

- I use sports periodization methods to help you reach your best possible level of fitness and wellbeing
- In depth nutritional planning advice specific to your training goals
- I use movement screening techniques for injury prevention before, during and after PT sessions.

### What my clients say:

"Blair has been passionate in his delivery of my sessions and his outstanding knowledge has helped me achieve my goals. My sessions constantly help me to improve my wellbeing."

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## Ross Hamilton

Personal Trainer



To purchase personal training with me please contact reception or email me:  
[ross.hamilton@nuffieldhealth.com](mailto:ross.hamilton@nuffieldhealth.com)

### How can I help you:

- I will challenge and change your body and mind with over 10 years experience in the fitness industry
- I can help you with your unique requirements and set realistic and specific training goals for you
- Educate you about health, fitness and nutrition to help improve your overall wellbeing in and out of the gym

### What my clients say:

"Personal Training with Ross notably increased my cardiovascular fitness and strength but also developed my knowledge and confidence to train on my own."

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## Grant McEwan

Personal Trainer



To purchase personal training with me please contact reception or email me:  
[grant.mcewan2@nuffieldhealth.com](mailto:grant.mcewan2@nuffieldhealth.com)

### How can I help you:

'My goal is to equip you with the knowledge and confidence to change not only your body, but unlock a whole healthy lifestyle and a positive mindset by creating bespoke training plans designed only for you!

### What my clients say:

"Grant's fitness knowledge and bespoke training plan has helped me physically and mentally. I've struggled for a 5+ years with my health and weight but he gave me the confidence to want to improve and better myself in order to be able to begin a family"

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## Katie Farquhar

Personal Trainer



To purchase personal training with me please contact reception or email me:  
[katie.farquhar@nuffieldhealth.com](mailto:katie.farquhar@nuffieldhealth.com)

### How can I help you:

Through my experience in personal training and lifestyle coaching, I can help you achieve your goals. Whether they are to create a healthier lifestyle, increase your fitness levels or improve your body composition.

### What my clients say:

"Katie creates engaging sessions, helping me to work towards my fitness and weight loss goal. Always looking out for my technique to ensure that I exercise safely around old injuries"

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## PERSONAL TRAINING PRICE LIST



**1 Hour**

**- £40**

**4 Hours**

**- £140**

**8 Hours**

**- £240**

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