

MEET



OUR



FITNESS TEAM



Geoff Pendrill

Personal Trainer



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
nuffieldhealth.com/gogarburn

To purchase personal training with me please contact reception or email me:
geoff.pendrill@nuffieldhealth.com

Dawid Paterek

Personal Trainer



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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To purchase personal training with me please contact reception or email me:
dawid.paterek@nuffieldhealth.com

Blair Thomson

Personal Trainer



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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To purchase personal training with me please contact reception or email me:
blair.thomson@nuffieldhealth.com

Ross Hamilton

Personal Trainer



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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To purchase personal training with me please contact reception or email me:
ross.hamilton@nuffieldhealth.com

Ross Cairns

Personal Trainer



How can I help you:

- Drawing upon my industry experience and Human Health degree, your program and sessions will be based around scientific principles proven to achieve desired results. While reaching your goals, I aim to educate you about the gym and explain current research so you have a solid understanding of what you are doing and why, which really helps to build your confidence in and out of the gym environment.

What my clients say:

“Sessions with Ross are informative and goal directed. The program scales and changes with your current ability, bringing in more complex moves over time while still staying fun with all the different drills he comes up with. Ross was able to increase both my strength and muscle mass while fixing my form and explaining the anatomy of what you’re doing, which really helped me to know what I was doing was right, and identify where I may be going wrong as well.”

To purchase personal training with me please contact reception or email me:
ross.cairns@nuffieldhealth.com

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PERSONAL TRAINING PRICE LIST

1 Hour - £40

4 Hours - £140

8 Hours - £240

To purchase personal training please contact reception or email trainer of your choice directly