

Movement Made Simple

Move with Gee

Club/association/organisation name.

Move With Gee

Name of main contact person

Gee Turier-Duerden

Club address

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Mobile Phone Number

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Main activity

Personal training and small group fitness sessions for women, focusing on helping them feel more confident and stronger in their bodies. Sessions are at home, online, or in the park to make it accessible. No intimidating gyms or heaps of equipment, just supportive, functional movement that works to keep the body strong through daily life, as well as pre- and postnatal support!

Who is welcome or qualified to join?

Beginners

Experienced

Over 55's

Women only

What is the route for a new starter?

Free taster session

How can new members engage and try?

Contact me via my website to set up a free consultation or be added to my mailing list. Weekly online group sessions run every Monday and Wednesday and can be booked online. This is a great, low-pressure way to try a session. I run outdoor, small-group training at 9:30 am every Wednesday, starting in June and running throughout the summer months. Register your interest by emailing movewithgee.pt@gmail.com

Costs

Free consultation for personal training and follow-up sessions start at £40, plus a discount if you book 8 sessions in advance. Online group sessions are £7 pay as you go or £24 for a block of 4 Outdoor training is £10 pay as you go and £8 for PT clients

We offer.....

We start with a consultation and fitness assessment to understand your current ability, goals and any specific needs. From there, I develop a personalised plan tailored specifically to your goals! I'll help you achieve your best while working around your busy life.

I'm a firm believer that fitness should work for you and not be another chore you have to get done. My sessions require minimal equipment, no preparation on your side, and focus on functional training to deliver results. We will check in every 6 weeks with updated fitness assessments and goal reviews to keep you on track.

What do new members need to bring?

Comfortable clothing and a mat if attending an outdoor session. Otherwise, just some enthusiasm and positive attitude.

What do new members gain in the first 8-12 weeks

Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
Improvement in memory
New skills

What is your club trying to achieve?

Supporting local health & wellbeing
Increased participation by girls and women

Community

Sessions occur either at the client's home or in a local outdoor space for convenience. Options for post-workout coffee in a local cafe after our outdoor classes to get to know other participants better.