



## INTENT91

### Contact person

Miles Branford

### Club address

INTENT91 Sevenoaks, 4 The Saltings, Salters Heath Business Centre,  
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### Email

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### Phone Number

0774 8666 682

### Main activity

We help those in their 40s, 50s, 60s and beyond maintain their strength as they get older. This allows you to keep doing the things you love for longer!

### Who is welcome or qualified to join?

Beginners

Over 55's

### What is the route for a new starter?

1-1 introduction

### How can new members engage and try?

The next step is to book a call with us! Which you can do here:

<https://intent91.co.uk/get-started/>

Speak with our experienced personal trainers and see if we can help.

### Costs

As we specialise in personal training, we need to understand your goals and current fitness level, and then make a plan that is best for you.

### We offer.....

Personal training delivered in small groups - we're currently helping over 850 people across our 5 personal training gyms across Sussex, Surrey and now Kent!

What do new members need to bring?

Nothing! Just yourself 😊

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

Learn basics safely
Confidence
Improvement in fitness/conditioning
Improvement in mobility/balance
Improvement in memory
New friends
New skills

What is the club trying to achieve?

A gain in beginner participation
Supporting local health & wellbeing
Expansion of inclusive/adaptive participation

Community

We often have events with our members e.g., hikes to help get our community together outside of the gym environment.