



Introducing SoFit

SoFit is back for a Covid-19 bonus round! Sunday 28th March - Sunday 23rd May

What SoFit IS:

- An 8 week, 4 phase course of HIIT sessions and nutritional guidance to help you make fitness gains and improve your way of eating.
- A mindset transformation - with more knowledge and confidence regarding fitness training, nutrition and general wellbeing, you can implement long term changes and lifestyle adjustments to improve your fitness, health and wellbeing.
- A fully personalised, individualised plan, but with the benefit of group support and group fitness sessions!
- A distraction from the new way of life we are all enduring.

What SoFit is NOT:

- Just an “8 week transformation”.
- A dieting group.
- A “beach body” or “bootcamp” type of intense weight loss plan with a guaranteed generalised weight loss target.

What SoFit involves - a summary:

- ❖ 24 x 30minute group HIIT sessions at online via live video sessions. (3 per week, mornings and evenings available) The plans will be written up on the website too so if your internet is slow or anything you will be able to still do the workout.
- ❖ 8 weeks of “nutritional guidance” from us - this is fully individual support, where we will give you a personalised, adjustable plan, guided by your own goals and preferences.
- ❖ Individual goal-setting and re-evaluation throughout.
- ❖ Weekly web-based handouts covering topics including nutrition, rest, recovery, fitness training and sleep!
- ❖ Extra weekly workouts to complete at home, in your own time, if you want to.
- ❖ 2 Recipe booklets FULL with recipes with full macro information and MyFitnessPal barcodes!
- ❖ Access to a members-only part of our website with all the information on.
- ❖ Short term access to a members-only Facebook group where you can support each other, recommend recipes, ask questions, share links and post pictures.
- ❖ Lifetime access to another members-only Facebook group for after the course finishes.
- ❖ Online support from the head trainers and SoFit mentors to help you out!
- ❖ Fitness testing x2
- ❖ 5 weight and measurement check-ins throughout the course.

Group Fitness Sessions

Sessions will run on Monday, Wednesday & Friday evenings 6:30-7pm or Tuesday, Thursday & Saturday mornings 9:30-10am. You can mix and match, but keep in mind that the morning workouts and the evening workouts are the same, so Monday & Tuesday workouts are the same, Wednesday & Thursday are the same, and Friday & Saturday are the same.

The course is due to start on Sunday the 28th of March, this is just a group call to chat about the course, clear up any questions and get a handle on what we are doing! This will be a 9:30am meeting, as a group call on Zoom. We can also then guide you through your own weigh-in, measurements & progress photos.

Nutritional Support & Goal Setting

This will involve an initial questionnaire so that together with us, you can come up with some long, medium and short term goals, that you can focus on during the 8 week course of SoFit! These goals will be re-visited and adjusted where necessary.

The questionnaire will also provide an initial point for us to start coming up with some nutritional guidance, this usually takes the form of using MyFitnessPal or similar, to log your calorie intake. YES SoFit normally is a calorie counting plan. However, if this is something you would rather not do, we can change it up for you! This guidance will be altered based on your fortnightly check-ins.

Fitness Testing & Check-ins

2 of the fitness sessions will be the "Fitness Test" - this is just a short selection of cardio exercises so we can check your progress from the course. These will be on the first week and at the very end! We are not competing against each other, just using it as a tool, to help you see how much improvement you have made!

Weight/measurement check-ins and progress photos are done at the start of each phase, and then at the very end. Again, this is just to make sure the nutritional guidance we provide stays accurate and up-to-date. Fast weight loss is NOT the aim of this plan for everyone, measurements are a useful tool for us. Weights and measurements are submitted via a google form, so we can see them, however they will only be visible by the trainers. Photos do not need to be submitted but it is a good idea to take them... Even if you don't want to!

Price & Payment

What does it all cost, and how do I pay/sign up?

For the 8 week course, the full price is £99, payable in 3x £33 instalments, via direct debit. Registration and payment is taken through TeamUp. Spaces are limited. Once you have registered, the full fee is non-refundable. (i.e. it's a 3 month fixed contract)

You can buy the membership here:

[SoFit Membership](#)

Then book onto the classes on the team-up page. Alternatively, email us to ask us to book you in a recurring reservation for specific timeslots if you know which ones you want.

Testimonials and Previous Results

Results from previous rounds of SoFit have been very good! Over the 12 week course, participants have lost weight, gained muscle, lost inches, and their fitness test results improved loads. Of course, those are just the short term results, more importantly, everyone finished the course having learned more about fitness & nutrition, and with the tools to continue their new lifestyle!

Some outstanding results from previous rounds of SoFit:

- An average increase in fitness test results of 50%
- 2 Participants have even achieved fitness test increases of 75 and 85%
- One participant lost 2.5kg, 19cm overall including 6cm from her waist, and 7cm from her hips.
- Another SoFitter lost 11kg, 27cm overall including 9cm from each leg and 12 from her waist!
- The next participant lost 1kg, but her waist was 10cm smaller by the end!

Testimonials:

- ❖ Thank you so much for this. I'm feeling so much stronger, happier in my own skin and more informed. I didn't realise how much I didn't know about nutrition!
- ❖ My life is incomplete without the SoFit workouts!
- ❖ I miss the classes already!
- ❖ I thoroughly enjoyed my SoFit experience. I achieved my overall goals and although it was tough at times the level of support given and the support from others in the group was amazing. I would definitely do the course again.
- ❖ Thoroughly enjoyed it!
- ❖ I just love the feeling after doing those workouts (not so much during!)

Other Options

Only want to do the workouts?

You can book on for the workout only option [here](#). This will cost 2 instalments of £37.50, so each workout will cost you under £3.20.

Only want to do the nutrition?

This would be a one-off payment of £50, email us if interested.

Already on a membership?

Please email us :)