


trainn for gyms

A photograph of a gym interior. On the left, there are metal shelves filled with black medicine balls of various sizes. Below the shelves, several kettlebells are lined up on the floor. In the background, a pull-up bar is mounted on the wall, and a small television screen is visible. The floor is dark with yellow lines marking out a space. The overall lighting is dim, creating a focused atmosphere.

Welcome to trainn for gyms

Give your members a premium experience at your gym and increase member retention.

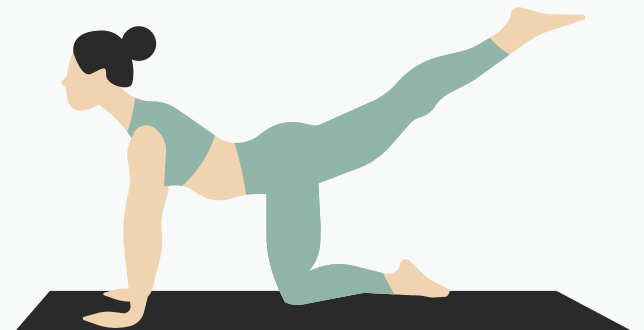
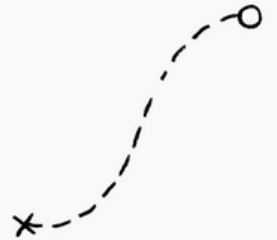
With our easy-to-use platform your members will get the personalised workouts, healthy habits and guidance they need to see results with their fitness journey.



Did you know

48% said they cancel their gym membership
because they get bored of their routine.

But there's a way to avoid it.





This is trainn



Trainn is the smart & customisable fitness app, that creates your personalised fitness journey so you can reach your goals.

Effective workouts. Healthy habits. Everlasting results.



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- 7 What is trainn for gyms?
- 8 What You Get
- 11 Why it works
- 12 Our Corporate Plans
- 15 Meet Our Founder
- 16 How to Get Started
- 17 Frequently Asked Questions
- 22 Contact Us

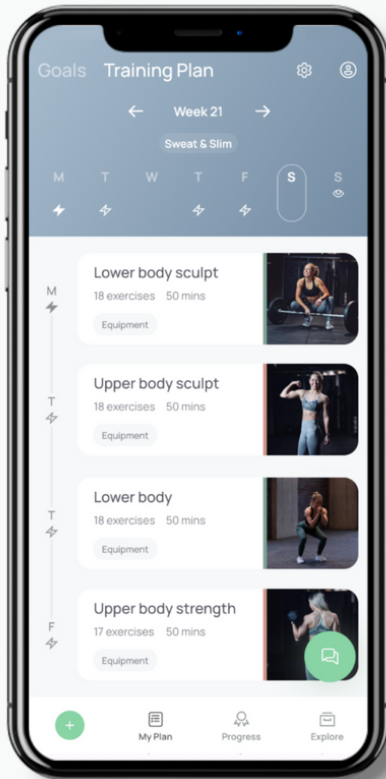
What is trainn for gyms?



trainn is an all-new personalised fitness app that gives your members a premium experience at your gym and the results they want. By joining Trainn for Gyms, all your members get access to unlimited personalised workouts and support from a Personal Trainer.

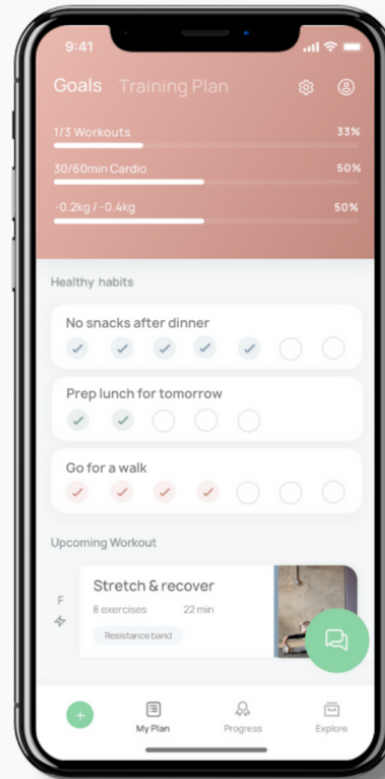
The result? Loyal members that return week after week to complete their workouts. Happier members that feel nurtured and supported at your gym, as well as results with their fitness journey.

What You Get



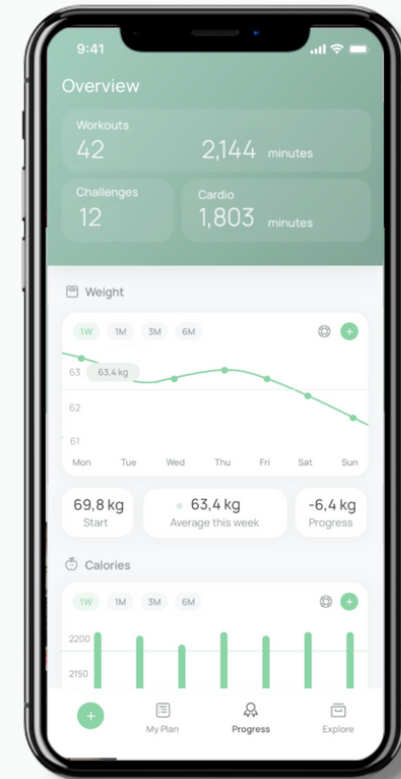
Personalised training plan

Sweat along every week to your completely personalised training plan. At home or in the gym



Weekly goals

Feel motivated by tracking your progress in weight, nutrition & workouts



Progress tracker

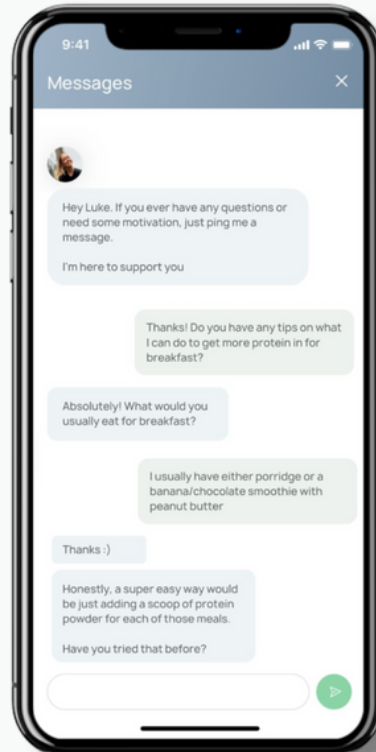
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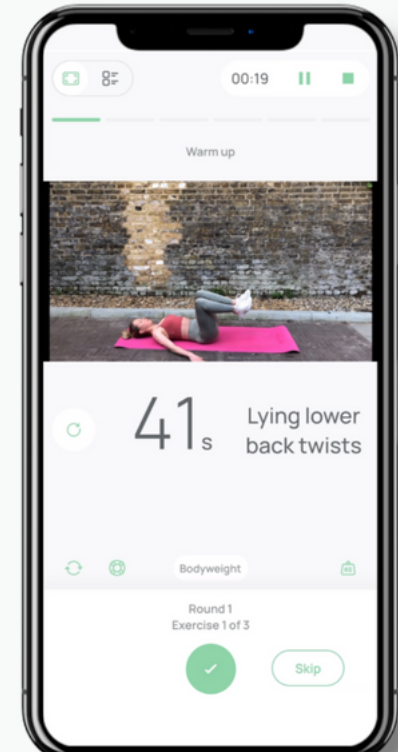
Weekly check-in

Set yourself up for a good week with Sunday check-ins with your trainer



Chat with your trainer

If you ever have a question, need support or motivation message your Personal Trainer through the live chat.



Workouts for all levels

Scroll through hundreds of easy-to-follow core workouts, stretch routines and mobility drills.

A man with short dark hair, wearing a dark grey t-shirt, is seen from behind, performing a barbell back squat in a gym. He is holding a barbell with large black weights across his shoulders. The gym environment is visible in the background with other equipment and people out of focus.

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**Great for your members.
Even better for your business.**

Why it works

Member retention

89% said they feel more motivated to workout when they are following a training plan. With the trainn app you are giving your members a reason to come back each week

Better flow during busy times

Give your members more flexibility during peak hours in the gym. With the trainn app it's easy to swap out exercises if the equipment is occupied, or to manually input which equipment you want to train with.

Stand out in a saturated market

Offer more than your competitors. As much as everyone would love to have a personal trainer, not everyone can afford it. With the trainn app you're giving them the option of a personal trainer in their pocket.

Most popular!

Basic Plan

Perfect if you only want your premium members to have access to trainn

For members:

- Premium access to trainn for some of your membership types
- Personalised workouts, weekly goals & healthy habits
- Progress tracker
- 24/7 contact with a personal trainer
- Access to 100+ workout challenges, stretch routines & core workouts.

For staff:

- Virtual 'client retention' course for all your personal trainers (3x per year)

Premium Plan

Perfect if you want all your members to have access to trainn

For members:

- Premium access to trainn for all your members
- Personalised workouts, weekly goals & healthy habits
- Progress tracker
- 24/7 contact with a personal trainer
- Access to 100+ workout challenges, stretch routines & core workouts.

For staff:

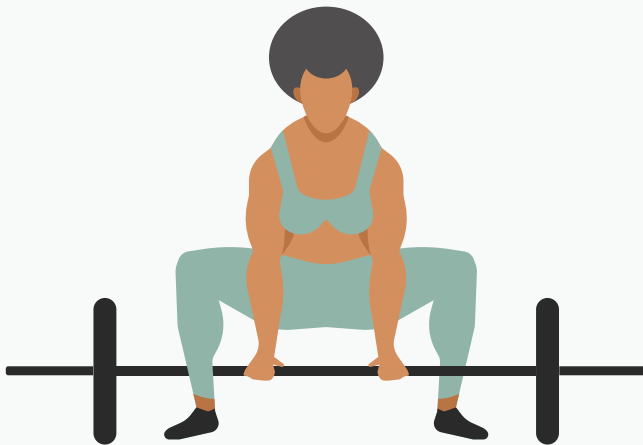
- Virtual 'client retention' course for all your personal trainers (3x per year)

Prices depends on # of employees. Contact us to get a quote for your business.

Did you know

55% of people consider valuable add-ons when choosing a gym membership.

With the trainn app all your members will have unlimited access to personalised workouts and healthy habits. Great selling point.



trainn for business

Virtual 'client retention' course for all your personal trainers

Premium Plan only



Hi, I'm Sarah Louise

I've been a Personal Trainer for the last 8 years and created trainn with a dream to help more people reach their fitness goals.

I've spent a lot of time in gyms myself and know how important it is to create a good experience and personal connection your members, so they want to keep coming back. Let me help you by taking care of their workout routines & healthy lifestyles, so you can focus on growing the business.

Stand out in a saturated market and make your members fall in love with fitness. Register your gym and get a personalised quote for your business!

Sarah Louise

CEO & Founder of trainn
Personal Trainer

How to get started



1

Visit trainnfitness.com/gyms and fill out the form to register your gym. You'll then receive a personalised quote for your business.

2

Once signed up you get your unique sign-up link for your members to download the app and activate their membership.

3

Your members now enjoy all the perks - personalised workouts, weekly goals, healthy habits and virtual access to their very own personal trainer.

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Frequently Asked Questions

How is a Gym subscription different from a regular subscription?

A Gym subscription is offered at a largely discounted rate compared to an individually purchased subscription. Gym subscriptions are also paid by the gym (you) instead of each individual user.

What's the difference between the Basic Plan and Premium Plan?

The Basic Plan is if you want to only give selected membership types at your gym access to trainn, and therefore use it as an upsell or add-on to your more premium memberships.

The Premium Plan, on the other hand, is if you want all your members to have access to trainn. In addition to this there will be learning material for your personal trainers so they can learn to retain more clients.

Who manages the gym subscriptions?

It's completely hassle-free for you. After purchase we will create a unique sign-up link for your gym. Everyone who wants to be a part of it can download the app and create an account via the link.

And if anyone ever needs any help with setting up their account our amazing support team will be there to help.

Can additional members get access?

Absolutely. Your link is always active and new members can join any time and day.

How are the Gym plans billed?

Both plans are billed up-front and are annual payments. An invoice will be sent out 15 days before renewal.

What are the virtual 'client retention' courses?

These come with the Premium Plan and are virtual 30 minute classes with Sarah Louise talking all about how to get PT clients and retain them. After being a personal trainer for 8 years and, on average, retaining clients for years at a time, she is ready to share her knowledge to others.

All virtual classes are of course optional and at the end of each there will be an option for everyone to answer questions.

These are great if your gym has a lot of PT's.

Can I test out the Trainn app before purchasing for my business?

Absolutely. The app comes with a 14 day free trial, so feel free to download it and give it a go for yourself :-)

Where can I ask more questions before purchasing?

Please reach out to our team at hello@trainnfitness.com if you have any further questions or you're ready to get signed up!

Contact us

hello@trainnfitness.com

www.trainnfitness.com/gyms