



OLLIE BOOTH
FITNESS

COACHING WITH OLLIE

PERSONAL TRAINING

IN HORSHAM

**GET FIT. GET STRONG.
FEEL CONFIDENT.
STAY CONSISTENT.**

Private personal training that gives you the knowledge, structure and support to build a fitness habit that actually lasts.



Foundry Lane, Horsham



OLLIE BOOTH
FITNESS



SOUND FAMILIAR?

You want to get fitter and you know you should be doing something about it. But every time you've tried, life gets in the way, motivation dips, or you just don't really know what you should be doing.

You might have started a gym membership that went unused, followed a plan for a few weeks before it fell apart, or avoided classes because walking in without knowing what you're doing feels uncomfortable.

The goal isn't complicated, drop some fat, get stronger, build your fitness, but without the right structure and someone in your corner, it's hard to make it stick.

You might be:

- New to structured exercise, or returning after a long break.
- Struggling to stay consistent. Always start strong but trail off.
- Unsure what you should actually be doing in the gym.
- Wanting to lose some fat and feel more confident in your body.
- Ready to get stronger and build genuine fitness, not just get through a workout.
- Looking for a clear plan and someone to keep you accountable.

If any of that feels familiar, this is exactly what the programme is built for.

THE REAL PROBLEM

It's not motivation.

Most people who've struggled with exercise aren't lazy, they just haven't had a proper structure, or the right support to build the habit around their life. A random routine picked up online only gets you so far. What actually works is a plan that's built for you, and someone who'll help you understand why you're doing what you're doing.

That's what changes things long-term. When you know what to do and why it works, confidence follows, and with confidence comes consistency.



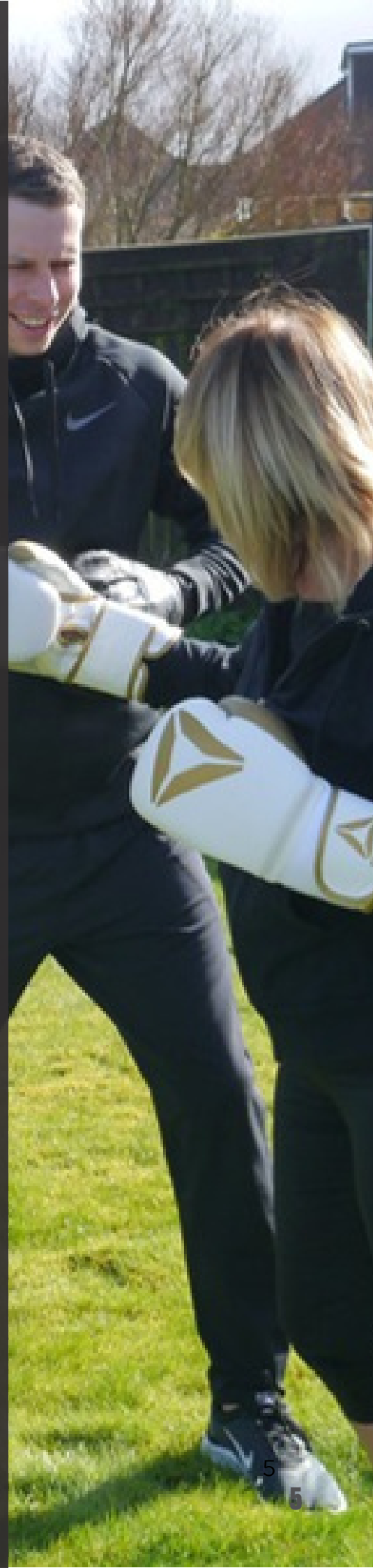
HOW IT WORKS

This is more than a trainer counting your reps once a week. It's a full membership that gives you the tools, the knowledge, and the ongoing support to actually make progress. And more importantly, keep it.

That's why alongside your training, you'll get support across all the things that matter:

- Personal training sessions in a private Horsham studio
- A personalised programme to follow between sessions, so you always know what to do
- Technique coaching so you train safely and effectively from day one
- Nutrition guidance – practical and sustainable, not a strict meal plan
- Support with sleep, stress, and the habits that underpin your results
- Fortnightly in depth progress checks to keep you on track and accountable
- Unlimited support from Ollie between sessions

You have the choice of 1 to 1 or small group sessions depending on the journey you want to take.



WHAT THE OBF MEMBERS SAY

If you are willing to commit, I can absolutely help you get to where you want to be. Here's what some of the OBF members have to say.

“ He was able to guide me and give me real structure that I could stick to, and that has helped immensely.
Jordan

“ From the first session he made me feel really comfortable.
Elliott

“ Training with Ollie has helped me incorporate fitness into my daily and weekly routine.
Ross

“ Ollie is very patient and takes the time to explain everything clearly.
Gail

“ He tailored the whole experience around my lifestyle and goals.
Ed





THE PROCESS

It's really important that we're a good fit for each other, so the process has been designed with this in mind.

1

Discovery Call

We'll go through your goals in more detail and your past exercise/medical history. Plus covering exactly how it all works. The Discovery Call is free.

2

Taster Session

We'll meet in person and you'll get to see the PT studio. It's really important that we have a good connection, so this will be a good opportunity to see if we're a good fit for each other. The taster session is £45.

3

Join The Team

We'll start the journey towards you smashing your health and fitness goals! 🙌

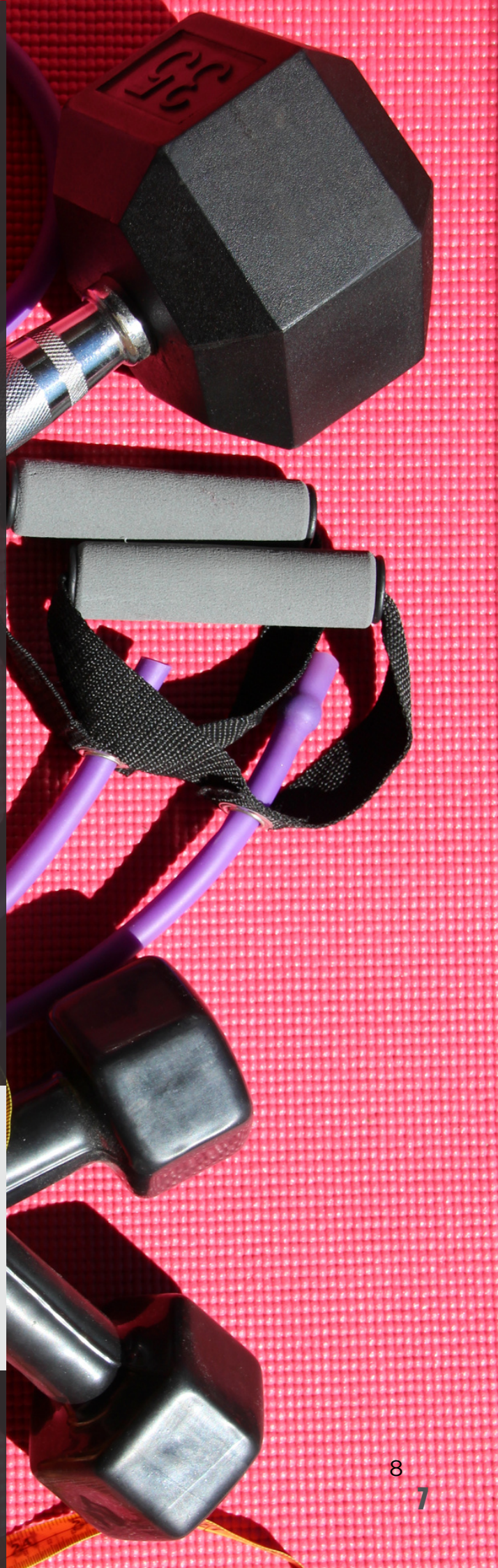
PEACE OF MIND

**You're backed by my
100% money back
guarantee.**

I know starting Personal Training can feel like a big step and it's really important that you're on your journey with the right trainer for you.

I'm so confident that my service can transform your health and fitness and ultimately your life, that's why I offer a 30 day money back guarantee.

Provided you've done everything you and I agree on throughout, if you're not happy with your progress after the first 30 days, I'll give you every single penny back.



MEMBERSHIP OPTIONS

Memberships work in 3 month blocks. Whichever option you go for, it'll include the Ollie Booth Fitness Membership which covers:

- Personalised training programme for your days between sessions
- Nutrition guidance suited to your lifestyle
- Sleep and lifestyle support
- Fortnightly in depth progress check-ins
- Unlimited support and accountability from Ollie out of sessions

FOUNDATIONS

Learn the fundamentals with expert support

- ✓ OBF Membership
- ✓ 12 x 1 to 1 sessions

UPFRONT - £777

save £117

or

SPLIT - 3 x £298

CONFIDENCE

Build confidence to exercise around others

- ✓ OBF Membership
- ✓ 6 x 1 to 1 sessions
- ✓ 6 x Small group sessions

UPFRONT - £648

save £97

or

SPLIT - 3 x £248

MOMENTUM

Progress with the support of a community

- ✓ OBF Membership
- ✓ 12 x Small group sessions

UPFRONT - £519

save £78

or

SPLIT - 3 x £199

Top up sessions are available

YOUR NEXT STEP

Whether you just want to find out some more information or want to take the first step by getting your consultation completed, booking your free Discovery call is the next step (if you haven't already!). Click below.

BOOK NOW

Or copy and past
<https://cal.com/ollie-booth-fitness/discovery-call>
into your web browser.





FAQs

What happens with my session if I'm away one week?

So you don't miss out on your in-person sessions, you can move them around as needed.

Where are the PT sessions located?

My private PT studio is located on Foundry Lane in Horsham. There is free parking outside.