



## SUPERFLEX GYM PT ACADEMY

POWERED BY PT LAUNCH LAB

### Become a Qualified Personal Trainer Inside Superflex Gym, Upton

TRAIN HERE. QUALIFY ONLINE. BUILD YOUR CAREER.

**£200 OFF — EXCLUSIVE TO SUPERFLEX GYM MEMBERS**

USE CODE: SUPERFLEXPT AT CHECKOUT · LIMITED AVAILABILITY



#### LEVEL 2 + 3 INCLUDED

Full qualification pathway



#### MENTORSHIP INCLUDED

Throughout your journey



#### STUDY ONLINE

100% self-paced



#### INTERVIEW OPPORTUNITIES

At Superflex Gym

## WHAT YOU'LL GET

### LEVEL 2 — GYM INSTRUCTOR

The foundation every professional PT needs. Anatomy and physiology, health and fitness principles, safe gym-based exercise instruction, programme design for general populations, and health screening. All delivered online — no classroom, no commute, no fixed schedule.

### LEVEL 3 — PERSONAL TRAINER

The industry-standard qualification for working one-to-one with paying clients. Advanced programme design, nutrition principles, client assessment, goal-setting, business skills, and how to run a proper client consultation. Recognised by every major UK gym chain.

## HOW THE COURSE IS DELIVERED

### 100% ONLINE

Delivered via the **Merve learning platform**. No classroom, no fixed schedule. Study whenever you want — before work, after training, on your lunch break.

### AROUND YOUR JOB

Built for people already working full time. Most students balance study with 35–40 hours of work per week. You don't need to quit your job or put your life on hold.

### 8–12 WEEKS

Most students complete both Level 2 and Level 3 in 8–12 weeks. No fixed deadlines — full tutor support throughout so you never get stuck and fall behind.

## MENTORSHIP — THE DIFFERENCE THAT MATTERS

Most online PT courses leave you to figure it out alone. PT Launch Lab mentorship is built in from day one — not an add-on, not an extra cost.

- ✓ Dedicated tutor support throughout your studies
- ✓ Real-world guidance — not just textbook theory
- ✓ Feedback on assessments before you submit
- ✓ Help whenever you're stuck on difficult concepts
- ✓ Business coaching — how to earn money as a PT
- ✓ How to approach potential clients at the gym
- ✓ How to price your sessions competitively
- ✓ Support navigating your interview and first PT role

## BUSINESS TRAINING — GET CLIENTS, EARN MONEY

### Qualifying is only half the battle. Knowing how to build a business is the other half.

PT Launch Lab goes beyond the certificate — you'll leave knowing how to attract clients, what to charge, and how to grow your income from day one as a self-employed PT.

### STRUCTURE YOUR BUSINESS

Sole trader setup, insurance, contracts, and what you need in place before your first paying client.

### PRICING YOUR SERVICES

How to price for your area, package your services, and when to raise your rates as you grow.

### GETTING FIRST CLIENTS

Approaching members on the gym floor, social media strategy, and building word-of-mouth referrals.

### ONLINE & HYBRID

How to add online coaching alongside face-to-face sessions for recurring monthly income.

# WHY LEARN AT SUPERFLEX GYM

**Most PT courses have you studying in isolation. Ours puts you in a real gym, with real members, from day one.**

Superflex Gym isn't just a backdrop to your studies — it's a community you'll already be part of by the time you qualify. That matters more than most people realise when it comes to building a client base.

## THE FACILITY



### **30+ Years of Community Heritage — Family-Run Since Day One**

Superflex Gym has been serving the Upton community for over 30 years. Originally founded by the current owners' parents, the gym is now run by two sisters who are both qualified personal trainers and actively involved in classes and training on the floor every day. This isn't a franchise or a managed chain — it's a family business with genuine roots in the community. That heritage means members trust the gym, feel loyal to it, and are more likely to invest in their fitness journey through it.



### **Fully Equipped — Free Weights, S&C Floor & Cardio**

Superflex 2.0 Gym is a fully equipped facility covering everything a member needs — a full free-weights area, a dedicated strength and conditioning floor, and a comprehensive cardio setup. As a learner here, you'll develop your programming and coaching knowledge across the full range of equipment your future clients will ask about. You won't graduate having only ever used machines — you'll know how to coach real movement in a real gym environment.



### **On-Site Sports Therapy, Group Classes & Nutritional Advice**

Superflex Gym offers more than just a training floor. On-site sports therapy gives you access to professional injury and movement expertise throughout your studies — invaluable when learning how to design safe programmes for clients with restrictions or previous injuries. A group class timetable and in-house nutritional advice round out a genuinely comprehensive fitness offering, and give your future clients additional reasons to stay engaged with the gym long-term.



### **A Positive, No-Ego Environment Where Effort Is Respected**

Superflex Gym is known for its welcoming atmosphere, friendly and knowledgeable staff, and a culture where effort is respected regardless of your level. With a 4.7★ rating built over years of genuine community engagement, it's the kind of gym where members feel comfortable — and where a new PT can build a client base without the politics or intimidation that comes with larger commercial chains. If you want to start your career somewhere people actually want to be, this is it.

## YOUR INTERVIEW PATHWAY

### **FIRST IN LINE AT SUPERFLEX GYM**

When you qualify through Superflex Gym PT Academy, you're not an unknown applicant — you're already part of the community. The members know you. The owners know you. The gym knows what you're capable of. That relationship puts you at the front of the queue when PT opportunities arise, and it's a connection built over months of real presence in the gym, not a CV sent cold to a staffing inbox.

## A TYPICAL WEEK AS A STUDENT HERE

### **MON / WED**

Online study via Merve — modules and assessments at your own pace, built around your training schedule

### **TUE / THU**

Training at Superflex — observing classes, using the S&C floor, getting comfortable coaching in a real environment

### **WEEKEND**

Catch-up study, mentor check-ins, submitting assessments — or making use of the group classes and sports therapy on site

## YOUR INVESTMENT

### PAY IN FULL

Was £1,599

# £1,399

**SAVE £200 — CODE SUPERFLEXPT**

- ✓ Level 2 Gym Instructor
- ✓ Level 3 Personal Trainer
- ✓ Mentorship throughout
- ✓ Business training included
- ✓ Interview opportunities at Superflex Gym
- ✓ Ofqual regulated qualification
- ✓ 14-day cooling off period — full refund available

### DEPOSIT PLAN

# £599

**Upfront deposit, then 4 × £200/month**

Total: £1,399 with your exclusive code. Full access from day one. Deposit is non-refundable after the 14-day cooling off period. Cancel after 14 days — no further payments owed.

- ✓ All same inclusions as pay-in-full
- ✓ Immediate course access on signup
- ✓ No interest charged
- ✓ 14-day cooling off — full refund if you change your mind

### YOUR EXCLUSIVE DISCOUNT CODE

## SUPERFLEXPT

Apply at checkout on the enrolment form. The £200 discount is applied automatically. Exclusive to Superflex Gym members only.

### HOW TO ENROL — 4 SIMPLE STEPS

- 1 Scan the QR Code or Visit the Link**  
Point your phone camera at the QR code, or type the URL directly into your browser.
- 2 Complete the Enrolment Form**  
Takes around 5 minutes — basic details, payment option, and your discount code.
- 3 Choose Your Payment Option**  
Pay in full at £1,399, or deposit plan — £599 today then 4 × £200 monthly.
- 4 Get Instant Access — Start Today**  
Your Merve portal goes live immediately. Your mentor will be in touch within 24 hours.

### SCAN TO ENROL NOW



[ptlaunchlab.co.uk/superflex-academy/enrol](https://ptlaunchlab.co.uk/superflex-academy/enrol)

Use code **SUPERFLEXPT** at checkout for your £200 discount



## COMMON QUESTIONS

**Q: Do I need experience or qualifications to start?**

None at all. The course is designed for complete beginners. Passion for fitness and the willingness to put in the work is everything you need to get started.

**Q: Can I study while working full time?**

Absolutely — the vast majority of students do exactly that. 100% online via the Merve platform, fully self-paced, so you fit study around your job and your training, not the other way around.

**Q: How long does it take to complete?**

Most students complete both Level 2 and Level 3 in 8–12 weeks. No fixed deadline — you progress at your own pace with full tutor support available throughout.

**Q: What qualification do I receive?**

A Level 2 Certificate in Gym Instructing and Level 3 Certificate in Personal Training. Both Ofqual regulated and CIMSPA and REPs recognised, awarded through NCFE Accredited Centre No. 9002788.

**Q: Will gyms across the UK accept this qualification?**

Yes. Accepted by all major UK gym chains — PureGym, Bannatyne, David Lloyd, JD Gyms, and independent facilities like Superflex Gym itself. It's the industry-standard credential employers require.

**Q: What's the difference between Level 2 and Level 3?**

Level 2 qualifies you as a Gym Instructor. Level 3 is the Personal Trainer qualification that lets you work one-to-one with paying clients and charge for your services. Both are included in this programme.

**Q: What happens after I qualify?**

PT Launch Lab arranges at least one guaranteed interview with a partner gym on qualification. Because you've been training at Superflex Gym throughout, you're already known by the team and well placed for opportunities here when they arise.

**Q: Is mentorship really included at no extra cost?**

Genuinely — no upsell, no hidden charge. You have access to a dedicated mentor from enrolment to qualification. It's the biggest practical difference between PT Launch Lab and most other online PT courses.

**Q: What if I need help during the course?**

That's exactly what the mentorship is for. If you're stuck on a concept or struggling with an assessment, your tutor is there — reach out and you'll get a real response from someone who knows the course inside out.

**Q: Can I pay in instalments?**

Yes. The deposit plan is £599 today, then 4 × £200 monthly — total £1,399 with your SUPERFLEXPT code. Full course access from day one, no interest charged.

**Q: What is the refund policy?**

You have a 14-day cooling off period from payment — full refund guaranteed within that window. After 14 days, enrolments are non-refundable. On the deposit plan, if you cancel after 14 days you lose payments already made but owe nothing further.

### READY TO TAKE THE NEXT STEP?

**Your career as a personal trainer starts at Superflex Gym. Enrol today and you could be coaching clients in 8–12 weeks.**

Scan the QR code or visit the link below. Apply code SUPERFLEXPT to claim your £200 member discount at checkout.

**ENROLMENT LINK**

[ptlaunchlab.co.uk/superflex-academy/enrol](https://ptlaunchlab.co.uk/superflex-academy/enrol)

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