

Trinity College Gym Facilities



1-2-1 Exercise Advice Sessions:

Important Information

- Sessions are Free of charge to Trinity College Students, Staff and Fellows
- You will be advised to consider booking follow up sessions
- It may also be advised that you join one of the exercise classes on offer, supervised classes are geared towards correct execution of technique. Meaning you can then train on your own in a safer and more effective manner
- Sessions last approximately 45 – 60mins
- Please be punctual
- Please wear clothing suitable for performing exercise in i.e. Trainers and Shorts etc
- At the start of the session you will be asked for an overview of your exercise goals and exercise experience. Please have a think about this before you attend

Look Forward to Meeting You

Harry Veysey