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GER CONROY, FOUNDER/DIRECTOR

Hi my name is Ger Conroy and I'd like to welcome you to the Ger Conroy Fitness Academy. The fitness industry is expanding rapidly, and as long as you work hard and enjoy what you do, the career paths are endless.

My career started over 17 years ago, but from an early age I knew my passion would always be fitness orientated. Growing up in Corduff in Blanchardstown, I was obsessed with football. I was fortunate enough to have plenty of green space to follow my dreams and the hope of one day playing for Manchester United. As I got older and a little wiser, I began to plan for life without a professional football contract. My passion for sport had showed me the benefits of living a healthy lifestyle, not just physically, but mentally too. I decided to pursue a career in the fitness industry.

I started out in a large commercial gym and I won't lie I was very nervous on my first day. It wasn't the first time I had nerves and I can assure you; it wasn't the last. Nerves are a good thing in my opinion, it means you are challenging yourself and pushing boundaries. I learned my trade, day in day out from my manager, co-workers and most importantly, from our members. On the job experience will teach you so much about the fitness industry.

After 9 years I finally decided it was time to take on a new challenge and open my own gym. In 2014, I opened Ger Conroy Fitness in Mulhuddart as a PT and class-based studio. Since then, we have gone from strength to strength. In 2017 we opened another location in J6, Castleknock and in 2018 we opened our Ratoath gym. It's been hard work, but I love what I do and I enjoy every minute of it. I strongly believe in "Choose a job you love, and you will never have to work a day in your life". Over a short period, the business grew, and I needed help. I recruited staff from people I knew and trusted, but growing and expanding at that rate, we constantly needed more trainers. We held a lot of unsuccessful interviews with candidates that were not up to the standards that we had set for ourselves. This is where the idea of the Academy came from.

After a lot of research we decided to affiliate ourselves with iTEC (VCTC) as they are recognised globally. To do this, we needed to pass some rigorous inspections and interviews. I am pleased to say we are now the only iTEC accredited fitness academy in Ireland that practices what we preach day in day out. We run thriving gyms and offer all students the chance of work experience with us and a guaranteed job interview at the end of the course.

We have gathered a great team and when we say "train with the best to become the best", we back that up.

P.S. I never got the call from Sir Alex Ferguson.

EOIN MORRISSEY, COLLEGE COORDINATOR

Hello, my name is Eoin and I am the college coordinator for the Ger Conroy Fitness Academy. My main role is to help students successfully start their fitness qualification by providing guidance and support throughout the course.

I have always had a passion for fitness and began working in the fitness industry as a Personal Trainer and Gym Instructor over 17 years ago. I gained a lot of knowledge over the years and use my experience combined with Ger's and our tutors to give our students the best possible start in their fitness career.

Over the years, we have had students enroll in the course for many different reasons. From people starting out in their career at a young age to people looking for a career change to people just looking to improve their own knowledge to help with their own training.

The career paths are endless and with our knowledge, experience and background, together with ITEC's accreditation, we have put together a very unique training academy. Just like training, you get what you put into it. Hard work pays off and our promise is to guide and support you along the way.

So with that being said, thank you for your interest in the academy. Please read through this prospectus and if you have any questions about the course please feel free to get in touch. I believe there is no such thing as a stupid question. My contact details are below.

Eoin Morrissey

academy@gerconroy.ie

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iTEC stands for the International Therapy Examination Council, who have been in existence since 1947. iTEC qualifications are well known and recognised by employers around the world for high standards and employability. This means you can travel the world and work with your qualification.

iTEC provides leading international qualifications, specialising in Sports & Fitness Training, Beauty & Spa Therapy, Hairdressing, Complementary Therapies, and Customer Service.

iTEC awards qualifications in over 38 countries around the world with over 650 approved centres world-wide. iTEC has offices in London and South Africa, with significant representation in Ireland, Asia and the USA.



Vocational Training Charitable Trust (VTCT) is a specialist awarding and assessment organisation offering vocational and technical qualifications in a range of service sectors.

On October 1st 2017 iTEC and VTCT joined teams. Alan Woods OBE, CEO of VTCT said, "We were keen to acquire iTEC not only because it's highly respected in our sector, but crucially, it also shares our values and ambitions, placing strong emphasis on quality assurance, learner success, employer recognition and exceptional customer service.



GER CONROY
F I T N E S S A C A D E M Y

Course Work

(i) Fitness Instructor/Gym Based Exercise

Unit 400 – Anatomy & physiology for exercise

Unit 401 – Health & safety and welfare in a fitness environment

Unit 402 – Principles of exercise, fitness and health

Unit 403 – Know how to support clients who take part in exercise & physical activity

Unit 404 – Planning gym-based exercise

Unit 405 – Instructing gym-based exercise

(ii) Personal Trainer

All the above must be completed

Unit 412 – Applying the principles of nutrition to a physical activity program

Unit 413 – Anatomy and physiology for exercise and health

Unit 414 – Programming and personal training with clients

Unit 415 – Delivering personal training sessions



IMPROVING YOUR LIFE THROUGH FITNESS

First Floor Parkside, Mulhuddart Village, Dublin 15



Junction 6, River Road, Castleknock, Dublin 15



The Village Centre, Ratoath, Co. Meath



Academy Students will have full gym membership to all three locations throughout the duration of the course



Course Fees 2022

Fitness Instructor/Gym Based Exercise & Personal Trainer + 4 Workshops

Duration: 24 Weeks

- Option 1: Full payment of €2,200 euros (registration fees included)
- Option 2: Registration fees and 3 installments (Total €2,450)
- Option 3: Registration fees and 10 installments (Total: €2,750)

All installments must be fully paid 4 weeks before final exams.

Fitness Instructor/Gym Based Exercise Course + 1 Workshop

Duration: 12 Weeks

- Option 4: €1,350

Fitness Instructor/Gym Based Exercise Course + 4 Workshops

Duration: 12 Weeks

- Option 5: €1,700

Workshops

- Box Fit
- Suspension Training
- Kettlebell
- Business Coaching

Payment plans are also available to suit everyone.

Testimonials



HAMZA AL-BOUWALDA

"Hi my name is Hamza and I wanted to do the course because I love going to the gym, it is the only place where I completely feel happy. I tried other courses, but they were not right for me, so I decided to contact Ger Conroy Fitness Academy for a consultation after I heard them on the radio. I met with Eoin in Junction 6 and immediately knew this was the course for me, I was amazed by the facilities.

Keeping in mind, I had rung round a few colleges regarding their courses, but Ger Conroy Fitness Academy stood out from them all as the staff are lovely and very welcoming but most importantly offer work experience which was very important to me. Having finished the course, my passion for fitness has grown as well as my knowledge and experience. I would recommend this course without hesitation."

DYLAN BRADY

"Hi, my name is Dylan and I wanted to enhance my knowledge and gain skills to become a personal trainer and fitness instructor in order to work in the fitness industry. I saw Ger Conroy Fitness Academy advertised on Facebook and immediately booked in for a consultation with Ger and Glenn. They told me everything I needed to know and as I had already heard through friends of mine on previous courses how amazing the course was and how they offer hands on work experience. I made up my mind to pay my fees to secure my place. They assured me with hard work and dedication I would be sure to do well.

For me the course was great and very beneficial to my everyday schedule. I learned a lot about how to operate in a gym and how to look after clients in a certain way.

The academy proved true to their word and offered me work experience every Friday evening (as this was the day I had requested to not interrupt my weekly routine). I thoroughly enjoyed that as I gained a lot of knowledge that gave me the confidence in the classroom and exams. I would recommend this course to anyone who has any sort of interest in the fitness industry."



GER CONROY
FITNESS ACADEMY

Georgia Conroy

"Hi, my name is Georgia and I was actively looking for a course to become a personal trainer. I came across Ger Conroy Fitness academy on Instagram and checked the reviews and got some great feedback. I was instantly attracted to this academy over others as they are not just an academy, they have 3 gyms and also won Dublin's Best Gym 3 years in a row. I found all the academy and gym staff in Ger Conroy Fitness very helpful and supportive. I was always made feel welcome and encouraged. The evening time suited me very well and as I do not live locally, starting at 6.30pm meant that my commute was much easier as the traffic had died down.

On a personal level, it has really helped me develop and grow within myself. I have already secured employment in the industry as soon as I receive my exam results. I would highly recommend this course as I have learned and grown in confidence so much."



Join the 100's of Ger Conroy Fitness Academy students who have entered the fitness industry with the knowledge, experience and tools for success in their back pocket.

Secure your place on our next course now!

CLICK HERE

[illegible][illegible][illegible][illegible]**Date of Birth:**

T-shirt Size:

Payment Plan/Course

- ☐ Option 1
- ☐ Option 2
- ☐ Option 3
- ☐ Option 4
- ☐ Option 5

Please send your application to:

Ger Conroy Fitness, Parkside 2 Navan Road, Mulhuddart, D15V38Y, Ireland