

# Welcome To



## EMF Lifting & Laughing

This document is a guide to what will happen at when you visit our gym

## Where?

EMF Lifting & Laughing  
7 Convent Rd  
Blarney  
Cork  
Ireland

Phil or Aaron will meet or greet you.



Phil

Aaron

Our coaches make fitness fun and will explain everything clearly.  
You don't need to be fit or know what to do.

It's okay to feel nervous — you can take your time and ask questions.  
The gym is a calm and friendly place.  
You'll never be pushed to do anything you're not ready for.



You will not see other members during your session.

It will just be you and your coach.

You might see other coaches in the office or around the gym. You will train in our gym or in our smaller training room - whichever suits you best! Our gym has lots of superhero posters.



We have lots of equipment, toys and space to exercise and have fun.



We can also do sessions in here if you prefer a smaller space

**First**

## What will happen in the session?



Your coach will meet you when you arrive and explain what's going to happen.

This is your 1-to-1 fun fitness session.

You'll do some simple, fun movements based on what you enjoy and what your body needs.

This could include:

- Trying out equipment (like ropes, rings or balance gear)
- Doing movements like squats, stretches, or games
- Learning how to move safely and build strength at your own pace

You can take breaks at any time, and everything will be explained clearly.



## Fidgets & Ear Defenders

You are welcome to bring anything that helps you feel comfortable.

This could be a toy, a fidget, a teddy, or something else you like.



## Music

You can choose your own music or turn it off if you prefer quiet. Just let us know what works best for you.

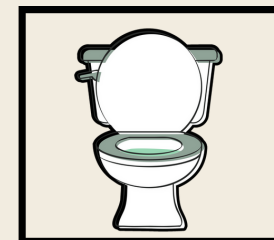
## Drink

You can bring your own bottle of water or a cold drink.



## Toilet

If you need to use the toilet, you can tell Phil or Aaron, or one of the other coaches and they will show you where to go.



## Break

If you need a break at any time, that's totally okay. You can tell your coach or just take a moment to sit down or go for a short walk. You can also take a break in our changing room if you'd like some alone time



## Phones

You can bring your phone with you if you like. We just ask that you don't take photos, videos, or use social media or games during the session.



# The 'What If's'

## Feeling worried

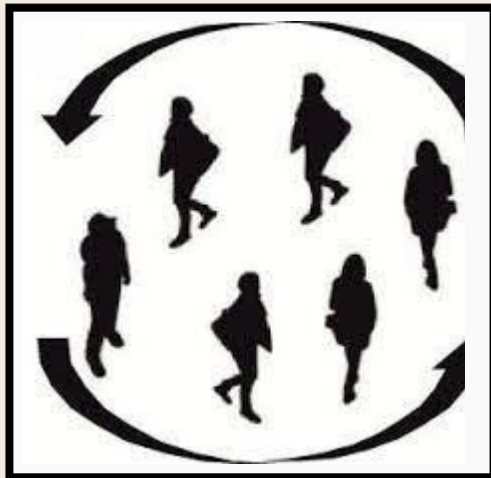
If something makes you feel worried or anxious, you can talk to your coach.

If you don't want to talk to them, you can speak to your parent or another trusted adult.

## Moving around

You can move, stretch, or stim whenever you like.

You don't need to ask — do whatever helps you feel comfortable.



# Last

We will say goodbye

