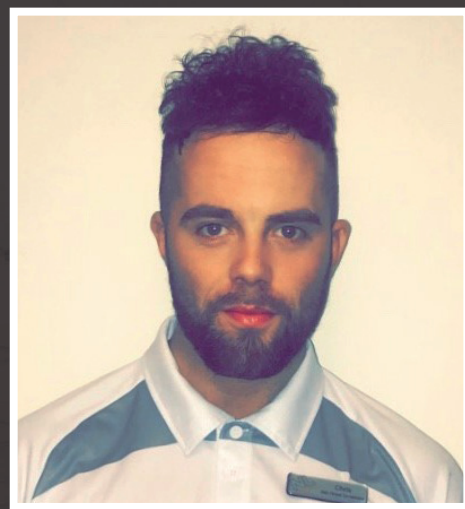


PERSONAL TRAINER PROFILE

About Me

I have worked within NLL for 10 years+, I am a passionate Trainer/ class coach. As a youth I competed at international level in my sport, and still carry on my passion in different types of training. I Pride myself on being approachable, fun & enthusiastic. And look to pass this on throughout my PT sessions or classes. I am passionate about helping others achieve their goals and love to pass on my knowledge & skills I have gained over my years as a PT.



CHRIS

Qualifications

- Level 3 Personal Trainer
- Bsc Sport & Exercise Science
- HND Health & Fitness, Exercise
- Level 3 GP Referral
- Pre/ Post Natal
- Level 2 Kids Fitness
- Kettlebell instructor.
- LesMills Body Attack, Body Pump, GRIT Class Coach

What I can do for you

Regardless of your current fitness needs or calibre, I am always here to listen, understand then provide you with the bespoke training programme you need to achieve what you want! I then love to motivate to help you succeed with your goals that we together have set out as a team.

Specialities

- Sports Specific Related Performance
- Adults returning to fitness.
- Nutritional Advice
- Tone/shaping individuals or partner/group sessions
- Specialist health within exercise environment

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