

Woody

PT & Class Instructor

QUALIFICATIONS & EXPERIENCE

- Lvl 2 Fitness Instructor
- Lvl 3 Personal Trainer
- Lvl 3 Sports Diploma
- Classes; - Indoor Cycling, Kettlebell, Pump FX, Powerwave, HIITSTEP, HIITCIRCUIT, Lvl 2 Group Exercise

SPORTING & FITNESS BACKGROUND

For as long as I can remember, I have been obsessed with activity and keeping fit. I started becoming more passionate about the gym when I was about 14, and ever since then have been broadening my knowledge (specifically for muscle growth) as much as possible for not only my personal benefit, but also for yours!!



Pain doesn't mean stop, it means you're only just getting started!!!

**CONTACT INFO:
07975 537597**