

# Jolanta Burycz–Lewandowska

## PT & Class Instructor

### QUALIFICATIONS & EXPERIENCE

- Psychology behind health and fitness
- Conducting strength training at various levels
- Supplementation, nutrition and diet plans for various disciplines
- CPD Sports injuries and elements of rehabilitation
- CPD in Obesity and weight loss
- CPD in Motivation in sport
- Classes; - Indoor Cycling, Kettlebell, HIITSTEP, HIITCIRCUIT, Lvl 2 in Group Exercise and ETM

### SPORTING & FITNESS BACKGROUND

Sport has always played an important role in my heart. In the past, I spent 5 years competing in fencing. As well as being an avid Skier, which has been in my life for as long as I remember :) I like to be active and I love working with people. We can support and motivate each other in classes and training.



**IF YOU'RE  
HAPPY, I AM  
HAPPY!**

**CONTACT INFO:  
07707 771984**