

GUSTAVO SMEHA

PT & Class Instructor

QUALIFICATIONS & EXPERIENCE

- Degree in Sports Science
- Postural analysis diploma
- Nutrition diploma
- Classes: Yoga, Pilates, Spinning, Kettlebell, Circuits, Power wave, Suspension Training, Hiit step, Lbt, Body blitz , 20/20/20 , fatburn and senior circuit.

SPORTING & FITNESS BACKGROUND

I have been working in the fitness and health industry for the past 20 years and always loved sports and physical activities. My to go sports are football and swimming but I will have a go at them all.



**“The major key to
your better future
is you”**

**CONTACT INFO:
07708 434198**