

Louis Taylor

PT & Class Instructor

QUALIFICATIONS & EXPERIENCE

- Lvl 2 Gym Instructing
- Lvl 3 Personal Training
- Lvl 3 Sport Science Diploma
- Lvl 4 in Weight Management & Sports Nutrition
- Classes; - Indoor Cycling, Kettlebell, Insanity, Pump FX, Powerwave, HIIT-STEP, HIITCIRCUIT, Lvl 2 Group Exercise and ETM

Worked as a Gym Instructor since 2013- Present

SPORTING & FITNESS BACKGROUND

Enjoy playing all sports but mainly Football. Always enjoyed all aspects of health and fitness, from the cardiovascular to the strength. Working on all areas, becoming the master of none!



GET IN!
GET IT DONE!
MOVE ON!

CONTACT INFO:
07714 789385