

Personal Trainer

Chris Shaw

- Weight management
- Muscle toning & shaping
- Muscle building & conditioning
- Core & abdominal training
- Nutrition

Health & fitness is not a chore or regime but a way of life. As a REPS level 3 fully qualified personal trainer I can help make it your way of life too. With my professional expertise and support, along with your dedication, we can make the positive changes to reach your goals

Guaranteed results 07542920965

“Practice does not make perfect, perfect practice makes perfect”



CLUBCLASS

