

Personal Trainer

Keith Wilson

- Resistance Training
- Corrective exercise & Rehabilitation
- Nutrition
- Core Stability & Pilates

Having worked within the fitness industry for nearly 20 years I have gained valuable experience in many aspects of the fitness arena: I am a qualified Level Three Advanced Trainer.

Guaranteed results 07812194996

“The body knows nothing of muscles, only movement” (Bobath 1980)



CLUB CLASS



FITNESS