



Keith Wilson

- Resistance Training
- Corrective exercise & Rehabilitation
- Muscle Strength & Tone
- Core Stability & Pilates

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

Guaranteed results 028 9260 3494

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

