

PERSONAL TRAINER PROFILE

JESS D

How do you book me?

Call: **01942634810** Email: Jessica.dickinson@serco.com
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3

Gym Instructor
Level 2

Hey, I'm Jess your Personal trainer! I'm here to help you feel stronger, fitter and more confident in and out of the gym. Whether you're new to training, getting back into it, or just looking for that extra push, I'll work with you to set goals that fit your lifestyle. My sessions are all about building good habits, staying motivated, and enjoying the process. Let's make fitness something you look forward to!

I can support achieving the following goals:

- Strength/Conditioning training
- Muscle build
- Weight loss/Tone up
- Overall health
- Confidence
- Flexibility/Mobility

I will design a specific personal program for you to follow with guidance, and make sure that you are on the right path to achieve your goals.

I will also provide you with advice inside and outside the gym. TO BECOME THE BETTER, YOU!

My specialties/Experience

- Free weights technique and exercises
- Functional fitness
- Bootcamp/Group exercise

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