

PERSONAL TRAINER PROFILE

Naomi Smith

How do you book me?

Call: **01204 374290** Email: **naomi.smith2@serco.com**
or ask at reception for my details.



About me

My Qualifications

Personal Trainer
Level 3

Gym Instructor
Level 2

**Group Fitness
Instructor**
Level 2

Nutritional Advisor

Kettlebell Instructor

**Core Stability
Instructor**

Hello, I'm Naomi and I'm a qualified Personal Trainer with 6 years+ experience. I have a passion to help my clients to become a better version of themselves. All fitness levels are catered for.

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 the gym and also outside the gym. TO BECOME THE BETTER, YOU!

My specialties/Experience

- Free weights technique and exercises
- Functional fitness
- Bootcamp/Group exercise
- Box Fit
- Core stability

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