

FREE PT
TRAINING
SESSION



KIRA

DALLIMORE

PERSONAL TRAINER

SPECIALISMS

- ✓ Weight Loss
- ✓ Muscle Endurance Training
- ✓ Running / Endurance Training
- ✓ Interval / HIIT
- ✓ Nutrition
- ✓ Event Training

TO BOOK YOUR **FREE** PT SESSION CALL

07471 205667

 **YOUR**
waterside
Personal Training™

FREE PT
TRAINING
SESSION



KIRA

DALLIMORE

PERSONAL TRAINER

QUALIFICATIONS:

- ✓ Level 2 Gym Instructor
- ✓ Level 3 Personal Trainer

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 **YOUR**
waterside
Personal Training™

**APPLY
TODAY!**

PERSONAL TRAINERS WANTED

**Are you looking for a
rewarding career as a
personal trainer in a
Waterside Leisure Centre?**

INTERESTED?

**for more information email your CV to
info@yourpersonaltraininguk.co.uk**

www.yourpersonaltraininguk.co.uk

 **YOUR
waterside**
Personal Training™