

FREE PT  
TRAINING  
SESSION



# CRAIG

# GREENWOOD

## PERSONAL TRAINER

### SPECIALISMS

- ✓ Fat Loss
- ✓ Muscle Building
- ✓ Nutritional Advice
- ✓ Muscle Endurance
- ✓ Strength Training
- ✓ Personalised Training Programmes
- ✓ Personalised Diet Plans
- ✓ High Intensity Training
- ✓ Functional Training
- ✓ Kettlebell Training

TO BOOK YOUR **FREE** PT SESSION CALL

**07702 806395**

 **YOUR**  
waterside  
Personal Training™

FREE PT  
TRAINING  
SESSION



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# GREENWOOD

## PERSONAL TRAINER

### QUALIFICATIONS:

- ✓ Level 2 Gym Instructor
- ✓ Level 3 Personal Trainer
- ✓ CTEC Sports Coaching

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Personal Training™

**APPLY  
TODAY!**

# **PERSONAL TRAINERS WANTED**

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**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](mailto:info@yourpersonaltraininguk.co.uk)**

[www.yourpersonaltraininguk.co.uk](http://www.yourpersonaltraininguk.co.uk)

 **YOUR  
waterside**  
Personal Training™