

FREE PT
TRAINING
SESSION



GENA

HOLLYOAKE

PERSONAL TRAINER

SPECIALISMS

- ✓ Weight Loss
- ✓ Muscle Gain
- ✓ Weight Training
- ✓ Muay Thai
- ✓ Boxing
- ✓ Strength & Conditioning
- ✓ HIIT Training
- ✓ Mobility
- ✓ Olympic Lifting

TO BOOK YOUR **FREE** PT SESSION CALL

07712 164007

 **YOUR**
waterside
Personal Training™

FREE PT
TRAINING
SESSION



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HOLLYOAKE

PERSONAL TRAINER

QUALIFICATIONS:

- ✓ Level 2 Gym Instructor
- ✓ Level 3 Personal Trainer
- ✓ Human Physiology BSc

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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™