

FREE PT
TRAINING
SESSION



MATHEW HECKFORD

PERSONAL TRAINER

SPECIALISMS

- ✓ Fat Loss
- ✓ Muscle Building
- ✓ Nutrition Advice
- ✓ Nutrition Plans/Meal Planning
- ✓ Personalised Training Programmes
- ✓ Functional Training
- ✓ Cardiovascular Fitness

TO BOOK YOUR **FREE** PT SESSION CALL

07547 898507

 **YOUR**
waterside
Personal Training™

FREE PT
TRAINING
SESSION



MATTHEW HECKFORD

PERSONAL TRAINER

QUALIFICATIONS:

- ✓ Level 3 Personal Trainer
- ✓ Exercise For Fat Loss
- ✓ Circuit/H.I.I.T Exercise Trainer
- ✓ Core Exercise Trainer
- ✓ Suspension Exercise Trainer
- ✓ Functional Equipment Trainer

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**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™