

FREE PT  
TRAINING  
SESSION



# MONICA

# LORUSSO

## PERSONAL TRAINER

### SPECIALISMS

- ✓ Muscle Gain
- ✓ Fat/Weight loss
- ✓ Hypertrophy (Muscle tone)
- ✓ Macro nutrient calculations
- ✓ Body sculpting
- ✓ Yoga exercises for core strength and flexibility
- ✓ Advanced Sports and Exercise Nutritional Advisor
- ✓ Strength and conditioning
- ✓ Build confidence

TO BOOK YOUR **FREE** PT SESSION CALL

**07365 231045**

 **YOUR**  
waterside  
Personal Training™

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TRAINING  
SESSION



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## PERSONAL TRAINER

### QUALIFICATIONS:

- ✓ Level 2 Fitness Instructor
- ✓ Level 3 Personal Trainer
- ✓ Yoga Exercises

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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™