



Claire Smith

Personal Trainer

- Reps Level 3
- Nutrition & Weight Management
- Yoga Instructor
- EKI - Extreme Kettle Bell Instructor

"I specialise in moving people forward & achieving results!"

Do you want to...

- Lose inches? Gain size? Or definition?
- Improve fitness? Posture? Movement? Or technique?
- Train for a sporting event?
- Improve Injuries or rehabilitate?
- Do pre/post natal training?
- Improve flexibility through yoga?
- Improve self-esteem/confidence?

I have over 10 years experience in the health and fitness industry. I have a gymnastics, yoga and group fitness background and I specialise in getting people to move forwards and achieve results. I discuss my clients goals and expectations with them and then design their personalised training and lifestyle programme. They need to get from A to B, I design the map then go with them on the journey. This will include diet, resistance training, cardiovascular training and flexibility.

What they say...

"Training with Claire is great. She has the right balance of listening to what you want, making suggestions, pushing you along without being a drill sergeant and keeping it interesting and fun. Twin training with my work colleague has also worked really well as Claire's wide knowledge means programs that suit both of us and also a little competition helps to keep you motivated!"

"Claire helped me train more efficiently and I saw more results in a month than I had done by myself in the previous year"

"Training with Claire had put me on the road to a stronger and better body with her careful choices of exercises and routines. Thanks to her I've got positive results in inches, pounds and attitude!"

CALL TODAY TO SEE HOW CLAIRE CAN HELP YOU...



THE
BANKSIDE
HEALTH CLUB

Call
today for a...

FREE
consultation!

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