

Paulina Panikowska

Personal Trainer

- International NASM CPT
- Nutritionist
- Reps Level 3

"I will help you gain significant results in a time period that you specify!"

Do you want...

- Weight & body fat loss?
- Strength & power?
- A balanced and pain free posture?

Paulina is passionate about helping anyone who needs a body and lifestyle transformation. Take advantage of her 16 years working experience in fitness training and 3 years working experience as a weight management counsellor. For significant results in weight loss join *8kg in 8 weeks* system.

Specialising in...

- Extreme Kettle Bell Training
- Performance Boxing
- Core Stability
- Flexibility and Fluidity Training
- Balance and Coordination
- Weight Lifting - muscular and strength endurance, hypertrophy (muscle size)

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

Call today for a...

FREE
consultation!



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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...



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Thabian Sutherland

Personal Trainer

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

Do you want to...

- Feel fitter? Younger? Sexier?
- Look better naked? Dressed?
- Build muscle?
- Lose weight and tone up the flab?
- Train for a sporting challenge?

Let's face it, staying on track in the gym can be hard without a little bit of help. That's where I come in. Whatever your body type, whatever your goals, I've got a fitness system that'll work for you.

Together, we'll design a training program that fits your style – and we'll keep it varied so you won't get bored. Whether you're a nervous newbie or a seasoned gym-goer, I'd love to help you get the body of your dreams.

"Together we will design a programme that best fits your style of training!"

What they say...

"Thabian's constant help and encouragement enabled me to not only complete my first marathon, but also to finish within my target time"

Nina Howard, 43, PR Executive

"Not only have I achieved my initial goal of weight loss but I feel better about myself and have more energy at work and home"

Peter Holloway, 46, Teacher

"I was nervous about working with a male trainer at first, but Thabian's so encouraging, I felt at ease right away. And his approach works – I have the abs to prove it!"

Clare Lynch, Copywriter, 40

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



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www.thabian.com | www.thebanksidehealthclub.co.uk



Christian Thomson

Personal Trainer

- Reps Level 3
- Sports Massage
- Sports Nutrition
- Black Belt in Muedo
- Kick Fitness Master Trainer

"I provide a unique personal training service for clients of all shapes, sizes and abilities!"

Do you want...

- A fitter toned body?
- Higher aerobic capacity?
- Tighter hips, bum and arms?
- Improved sporting performance?

A martial arts expert and the current British & World Kickboxing Champion, Christian has competed at International level across the world. He now combines his expertise with his passion for sport, health and fitness in general to provide a unique personal training service for clients of all shapes, sizes and abilities.

Drawing on his experience as an athlete, Christian can provide the ultimate in one to one or group training to ensure that however big or small you will achieve your goal.

Specialising in...

- Body weight work
- Athlete Definition
- Speed & power
- Agility

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

Call today for a...

FREE
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Justin Lai Lam

Personal Trainer

- Biosignature practitioner
- REPS 3
- BioSig 1

“With educated effort, passion and the will to succeed, you can turn your dream into reality”

Do you want...

- A strong, sexy and toned body?
- Increased energy levels and improved general health?
- Rehabilitation and prevention of injury?
- To achieve peak physical conditioning for sports?

A functionally fit body that will exceed your expectations.

Justin is passionately dedicated to helping his clients achieve the body transformations and sports conditioning they desire. He adopts a holistic, research-based approach, that stems from his unrelenting quest to stay at the forefront of cutting edge science in physical conditioning.

He has 3 years experience working in the health and fitness industry and a lifetime of hands-on gym experience. Justin has played a variety of competitive sports in South Africa, representing his home county for a number of years in cricket as well as going on to represent his county at Nationals in karate. A true sporting aficionado who draws on his experience from training on the sporting field with international level rugby coaches, cricketers and top level strength and conditioning coaches to achieve peak physical conditioning.

Specialising in...

- Biosignature Modulation
- Fat loss and Muscle Building
- Sports Specific Conditioning
- Injury Prevention and Rehabilitation
- Speed, Power and Strength Training
- Nutrition and Supplementation

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



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Toby Mayers

Personal Trainer

- Reps Level 3
- Power Plate Trainer
- Spin Instructor
- Ante/Post Natal
- EKI - Extreme Kettle Bell Instructor

**"Whatever you want to achieve,
call me & I will get you there!"**

Do you want to...

- Swap fat for muscle
- Gain muscular definition?
- Train for a specific event
- Learn how to manage your weight efficiently & effectively?
- Tone your body head to toe

As a personal trainer I'm passionate about motivating my clients to achieve their goals and realise their potential. In my own experience in Kenyan altitude training, Marathon running, sprint and Olympic distance triathlons, the famous "Tough Guy Challenge" (ask me more), racquet sports and rock climbing, I can strip fat down or build up muscle for just about anything.

What they say...

Feeling disappointed with myself and not knowing how to get rid of the excess weight I was carrying I met with Toby for an initial consultation. He really listened to what I wanted to achieve, what my goals were and most importantly what I considered my weaknesses and where I felt vulnerable.

All my sessions were planned very carefully. Without my realising, Toby had confronted all the issues and concerns that I had with myself and turned them into my strengths! Four weeks later I was already starting to see some impressive results.

My self-confidence has grown and my friends and colleagues regularly remark on the changes I have made.

Toby also takes time to explain to me why we do specific exercises and further more, what I should be doing on my own to compliment the programmes. His advice has been invaluable and I am continuing to train effectively and meet all my goals.

Diane Brown - Bankside member since 2009

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today for a...

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consultation!

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Craig Bothwell

Personal Trainer

- Level 3 Personal Trainer
- Level 3 Nutrition
- Level 3 Training in Different Environments
- Level 3 Kettle Bell Fundamentals
- ViPR Instructor

“Whatever you want to achieve, call me & I will get you there!”

Do you want to...

- To gain confidence with energy and vitality
- To lose weight and firm up
- Add lean muscle and gain tone and definition
- To try something new and exciting that pushes your limits

Specialising in confidence building, outdoor training, muscle development, weight loss, ViPR and kettle bells, I bring over 15 years of client facing experience to your workout. This means that I listen to your needs and work closely with you to achieve your goals.

Expect positivity and drive and know that you'll become more confident, stronger and invigorated with a new passion for exercise.

What they say...

Craig not only got me educated on the right weights and machines to use and how best to use them, he also got me to build muscle, raise my confidence; something I badly needed. I couldn't have done any of this without his support, positive encouragement, feedback and motivation.

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