



# 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...**



THE  
**BANKSIDE**  
HEALTH CLUB

Call today for a...  
**FREE**  
consultation!

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