



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

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



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BANKSIDE
HEALTH CLUB

Call
today for a...

FREE
consultation!

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