

PERSONAL TRAINER



Toni Reynolds

MY FITNESS SKILLS:

BSc Sports and Exercise Science Degree
HFI Gym Instructor Level 2 Qualification
Run Club and Circuit class Instructor
V-Tread, V-Core, ViPR, Kettle bell and Power Plate Instructor

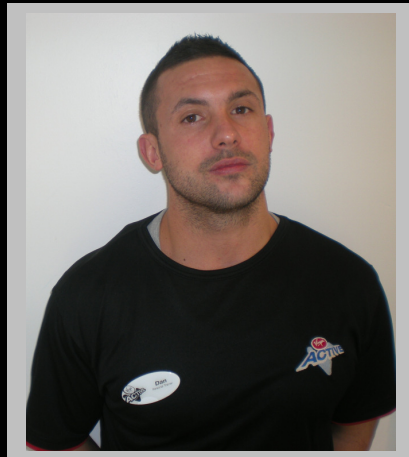
MY CLAIM TO FAME:

I am the one and only female Personal Trainer and I am also the QUEEN of the ViPR's. I pride myself on the relationships that I build with all my clients. I like my sessions to be fun but challenging, I use a range of equipment to achieve great results for my clients!

MY CONTACT DETAILS:

toni.reynolds@virginactive.co.uk

PERSONAL TRAINER



Danny Palmer

MY FITNESS SKILLS:

Level 2 fitness instructor qualification

Reps level 3 personal trainer

Certificate in boxing

Kettlebell training, power plates, VIPR training.

MY CLAIM TO FAME:

I am a highly motivated trainer who takes pride in my own training regime, I use my passion and drive for training to help my clients get the best from their workouts. I help clients with a range of goals from hypertrophy to weight loss.

MY CONTACT DETAILS:

danny.palmer@virginactive.co.uk

PERSONAL TRAINER



Dan Manser

MY FITNESS SKILLS:

BTEC Sports and Exercise Sciences Diploma
Level 3 Advanced Instructor and Personal trainer
Punch Instructor
Kettle bell and Power Plate Instructor

MY CLAIM TO FAME:

I am brilliant at helping people lose weight and affect their lives in a positive manner. My speciality is weight loss but my qualifications also include weight training, core, boxing and nutrition.

MY CONTACT DETAILS:

daniel.manser@virginactive.co.uk