

PERSONAL TRAINER PROFILE

Lui Cirillo

How do you book me?

Call: 01280 817500
or ask at reception for my details.



My Qualifications

- Level 2 fitness instructor
- Level 3 personal trainer
- Strength & Conditioning coach
- Program design & nutrition
- Adolescence training qualified
- Athlete training qualified

About me

Hi I'm Lui, a personal trainer with over 30 year's experience in the fitness industry.

I used to be a national power lifter and when I was younger, I served in the Italian military so health and fitness has been in my life since I was young. In my 30 plus years of training clients I've seen many different goals and I love seeing my clients elated to achieve them.

I love meeting new people and helping them make exercise and training fun and enjoyable. If you see me in the gym don't be afraid to say hello.

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I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

let's do
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