

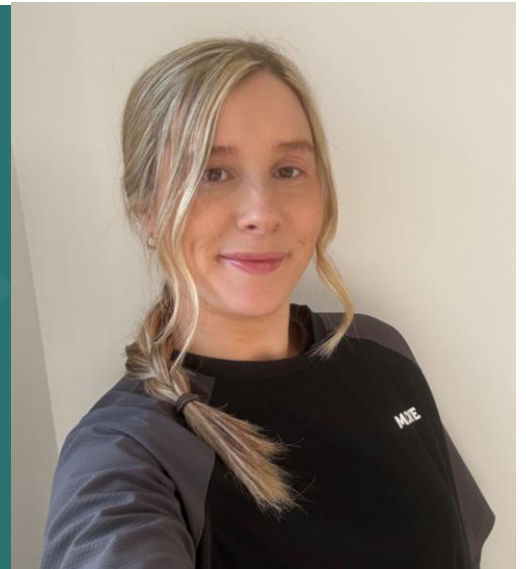
PERSONAL TRAINER PROFILE

Lauren Hall

How do you book me?

Call: 01280 817500

Email: Laurenhallfitness@gmail.com



My Qualifications

-Level 2 fitness instructor

-Level 3 personal trainer

-Applied women's physiology & training

-Program design & nutrition

-General population program design

-CP Program design

-Training the Female Athlete

About me

Hey! I'm Lauren, a personal trainer with a huge love for health, fitness, and training.

Alongside my experience working in gyms, I have undertaken numerous courses to continue building on my skills and improve my knowledge.

Whatever your goal, I will be there to guide you and help you achieve it. We will work together to level up your training to get the results you are after and start building a healthier lifestyle.

MOREPT

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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