

PERSONAL TRAINER PROFILE

FITNESS & PERFORMANCE ADVISOR

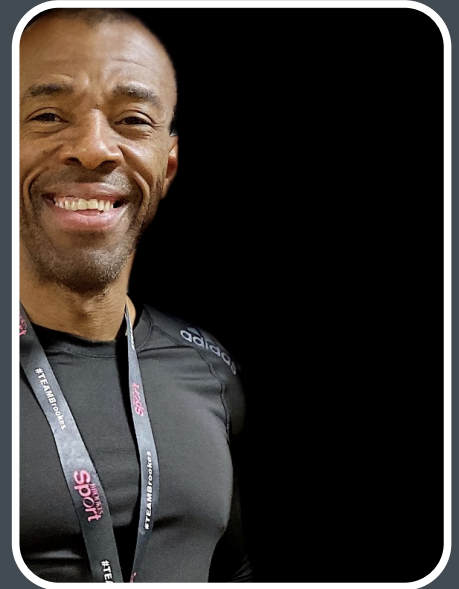
NYE

FUNCTIONAL TRAINER

OVER 50'S STRENGTH & CONDITIONING

BACK PAIN PREVENTION & REHAB

BODY ASSESSMENT COMPOSITION



A LITTLE BIT ABOUT ME..

I ENJOY SPENDING TIME WITH MY FAMILY. MY ROLE GIVES ME THE ABILITY TO IDENTIFY AND MANAGE BOTH MY EMOTIONS AND THOSE OF OTHERS, ENABLING ME TO INSPIRE, MOTIVATE, ENCOURAGE AND COMMUNICATE EFFECTIVELY WITH MY CLIENTS. THE ABILITY TO UNDERSTAND WHAT MY CLIENT'S NEEDS ARE – WHETHER IT BE A HUG, SOME TOUGH LOVE, OR SOME WORDS OF WISDOM.

ALL OF WHICH CAN MAKE A MASSIVE DIFFERENCE TO THEIR MOTIVATION! IN TURN, I DEVELOP STRONG AND LONG-LASTING RELATIONSHIPS WITH THEM.

N.PATROCINIO@BROOKES.AC.UK

PERSONAL TRAINER PROFILE

PERSONAL TRAINER

JAGODA

BASI PILATES COMPREHENSIVE TEACHER

**LES MILLS BODY BALANCE, BODY PUMP, BODY
COMBAT & GRIT INSTRUCTOR**

**PRE & POST NATAL MOVEMENTS, EXERCISES
AND PLANS**



A LITTLE BIT ABOUT ME..

I LOVE BAKING, READING, UTILISING MY RAJA YOGA MEDITATION AND GOING OUT FOR A FRESH MORNING RUN. I ADORE DOGS, AND LISTEN TO A LITTLE BIT OF GREG JAMES BBC RADIO 1 IN THE MORNINGS TO START MY DAY CORRECTLY.

I HATE SPIDERS & MY FAVOURITE OFF SEASON MEAL IS A CHICKEN RAMEN FOLLOWED BY A LOVELY CARROT CAKE.

"CONTROLOGY IS A COMPLETE COORDINATION BETWEEN THE MIND & THE BODY." **JOSEPH PILATES**

JKUCHARSKA@BROOKES.AC.UK

PERSONAL TRAINER PROFILE

PERSONAL TRAINER

VANESSA

BSC PHYSIOTHERAPY

**POLESTAR TRAINED PILATES INSTRUCTOR
INCLUDING EQUIPMENT & MAT BASED.**

EXERCISE REFERRAL

KETTLEBELL TRAINING



A LITTLE BIT ABOUT ME..

I THRIVE OFF TRAVELLING TO NEW PLACES, TAKING PART IN COMPETITIVE RACES AND GOING OUT FOR RUNS. I LOVE TO UTILISE EARLY MORNINGS AND SPEND TIME WITH MY DAUGHTER AND FRIENDS.

I SPECIALIZE IN WEIGHT LOSS, KETTLEBELL TRAINING, INDOOR CYCLING & VARIOUS CLASSIFICATIONS OF PILATES.

V.GEREMIAS@BROOKES.AC.UK