

Alex Robinson – Personal Trainer

Alex Robinson (pictured) is fast becoming well-known in the local area for her skills as a personal trainer.

Many people assume that personal training is a 'luxury' – this simply isn't the case. How many of you pay money each month to become a member of gym, only to find that you rarely or never attend! How many of you are obsessed by a pair of bathroom scales? Alex provides tailor-made one to one training, to suit your needs – whether they are to lose weight or simply to increase your fitness levels. There's no need to feel intimidated – Alex trains people of all different ages, shapes and sizes (both male and female) and measures her own success on the results that her clients achieve.

Here's what one of Alex's clients had to say:
"I have been trained by Alex Robinson for over a

year. I can't rate her highly enough. I'm always dubious when I gain people's details from a web search rather than by personal recommendation, at the time I had no choice. I wasn't disappointed!



Alex is always 100% professional, focused, courteous, supportive, knowledgeable, encouraging, punctual and she goes out of her way to make a difference.

I honestly can't recommend her highly enough for anyone to reach their fitness goals, whatever they may be."

Teresa Fullalove
Matlock, Derbyshire.



WHAT I CAN DO FOR YOU

I can create a fitness schedule to achieve your realistic goals. From running a marathon to simply losing weight and toning your body. The tailor made training program will be designed to fit around your working and personal life. The program will be interactive from both parties to ensure your full potential is achieved, but with the emphasis on enjoyment and fun. I will perform regular assessments with visible feed back to ensure we are on track to meet your goals.

T. 01773 512 410
M.07817 337 861



"Do you feel the need to lose weight or maybe just get into shape for your holiday? Are your clothes starting to feel uncomfortably tight? Maybe you're doing a Charity Run. I will help you to achieve your goals, whatever they may be."



Packages Available to Buy - a Gift with Fantastic Benefits



Alex Robinson
Personal Trainer Level 3
Nutrition Level 3
Boxercise Personal Trainer
Lifestyle & Fitness Level 3

health, beauty & fitness