

# Exercise Specialist

An experienced leisure facility manager and committed trainer who has personally seen the benefits of Personal Training Francis is a friendly and mature trainer passionate about helping others transform their lives through the benefits of exercise.

Less occupied with achieving the body beautiful Francis has a passion for making people feel good about themselves whatever their age, shape or fitness level.

With a unique approach to exercise Francis draws on his vast experience of training in water as well as the gym to achieve results in all areas including, weight loss, conditioning and post operative and injury rehabilitation.



**Francis Gilford**

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## HYDRO TRAINING

Our natural affiliation for water combined with its natural resistance and support make training in water a comfortable and reassuring environment for many people as well as those who do not share our enthusiasm for gym based exercise. Well suited to the all fitness levels, people suffering from injuries and health related problems to post operative rehabilitation the pool is a unique and effective place for One 2 One training. Clients will also see results for weight loss, general conditioning and posture from training in the pool.



## BUNGEE TRAINING

Using training tools with elastic properties such as the Dyno Bands and Therabands used by Pysiotherapists muscles undergo constant resistance throughout the full range of movement creating more joint stability, a total range of strength and quicker physiological changes improving muscle tone. Bungees can be used anywhere and are totally mobile meaning that training needn't stop on holidays and exercises are as easily performed at home making adhering to a new training system more achievable therefore increasing your results!



## FITNESS TRAINING

Fitness training through boxing techniques, bodyweight training and circuit based exercise is a proven and trusted method of improving fitness and changing body shape. Working towards a more athletic physique enjoyable and challenging workouts are suitable and tailored to all individuals and fitness levels.

## HOURS

M 8 - 8

T 7 - 1

W -

T 8 - 8

F 8 - 6

SAT 8 - 12

**Working hours may change from time to time.**

TO BOOK A FREE CONSULTATION CONTACT FRANCIS OR LEAVE YOUR DETAILS WITH RECEPTION.



**COUNTRY CLUB GROUP**

