

Kazza Clifton

How do you book me?

Call: **07525476871** Email: kazzaclifton_5@hotmail.co.uk
or ask at reception for my details.



My Qualifications About me

Gym Instructor

Level 2

Personal Trainer

Level 3 Diploma in personal training and gym Instructor (NASM)

Mental Health

Level 2

Supporting Pre and Postnatal with exercise

Level 3

My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement
- Weight Loss

Come and grab a Free 30minute consultation

OR

1 hour Taster session

Adults £15
Youths £10

Level 3 Diploma in Sports Massage