

PERSONAL TRAINER PROFILE

Gabriel Williams

How do you book me?

Call: 07306 342 802 Email: gabriel.williamspt@gmail.com
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3

Gym Instructor
Level 2

**Group Fitness
Instructor**
Level 2

Nutritional Advisor

Hello, I'm Gabriel, and I'm a qualified personal trainer who is here to help you achieve your goals. I have a passion for supporting my clients regardless of personal ambitions, and I will help motivate you during your journey with an emphasis on health and consistent improvement. It is also a priority for me that you enjoy our sessions; fun is an often-undervalued part of the journey, so your sessions will be catered for both smashing targets and your personal preferences. I have a decade of experience in Boxing & Muay Thai, and experience as a Gym Instructor. I am also qualified as a GLP-1 Weight Loss expert and can inform you when it comes to medications such as Mounjaro, Wegovy, and Xenical.

I can help you:

- To lose weight
- To build muscle
- Improve your strength, speed, fitness, Mobility and power
- Create a personalised and structured training plan

My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement & Core Stability
- HIIT & Endurance
- Weight Management & Weight Loss
- Lean Muscle Building
- Boxing training

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I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

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