

## PERSONAL TRAINER PROFILE

# Louisa Pope

### How do you book me?

Call: 07888 674 631

Email: [Fitnesswithlou1@gmail.com](mailto:Fitnesswithlou1@gmail.com)  
or ask at reception for my details.



### My Qualifications

Personal Trainer

Level 2&3

Swimming  
instructor/teacher

Gym Floor Classes:

- Circuits
- Fitin45
- Fitin30 (Core)

### About me

**Hi, I'm Louise** - a passionate personal trainer with the energy and drive to help you smash your goals and feel amazing doing it.

Are you ready to transform your fitness journey? Let's do It together.

### Why Train With Me?

- I'm not just here to count reps - I'm here to help you believe in yourself.
- I'll give you the motivation to keep you going even when things get tough.
- I'll design a plan that fits your lifestyle, your goals and your pace.
- I bring energy, empathy and a whole lot of encouragement.

Whether you are short on time or have an hour to burn, I am the trainer for you whatever your schedule, I offer fun and effective workouts, which can be a 30 minute HIIT (High Intensity Interval Training). I also do Boxercise style sessions that pack a punch, or 60 minute sessions that would cover all areas from head to toe, which includes resistance training or use free weights (dumbbells and barbells) to improve bone density and add strength to your muscles.

Your goals are waiting - and I'm ready whenever you are, drop me a message and let's get moving.

I'm Insured by: Balens Affinities.  
Mentored by: Lucy Cooke.

let's do  
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