

## PERSONAL TRAINER PROFILE

# James Drewry

### How do you book me?

Call: 07591 604 762

Email: [jdrewrycoaching@gmail.com](mailto:jdrewrycoaching@gmail.com)

I'll be onsite Saturday's & Sunday's



## My Qualifications

Level 2  
Gym Instructor

Level 3  
Personal  
Trainer

Nutritional  
Adviser

## About me

Hi, I'm James, a certified personal trainer dedicated to helping people of all ages and experience levels become stronger, fitter and healthier.

Whether you're training for a specific sport, chasing personal goals, or just want to move and feel better day to day, I'll create you a personalised programme tailored to your current level, lifestyle, and ambitions.

My coaching goes beyond the gym, I also offer practical guidance on nutrition and daily habits to support your progress every step of the way. Together, we'll build fitness, confidence and consistency that last.

Ready to take the next step in your fitness journey?

Let's get started

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

let's do  
**MORE**