

# SENIOR FITNESS INSTRUCTOR

## Reece Samuels

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"My goal is taking clients to that next level. Every session will be fun and creative to keep you focused and stimulated. If you're determined and willing to work hard, train with me and I guarantee you will **smash every goal, reach your full potential and enjoy the journey too.**"

### SPECIALTIES

- Body Toning & Fat Loss
- Sport Specific
- Performance
- Fitness Enhancement
- Boxing Padwork
- MMA Conditioning
- Kettlebell Training
- Nutritional Advice
- Weight Lifting
- Strength Conditioning

### QUALIFICATIONS

- CYG L2 Fitness
- CYG L3 Personal Trainer
- Group Indoor Cycling
- Metafit
- Kettlebells
- L2 Lifeguard
- Emergency First Aid
- IOSH Managing Safely

 [Reece@yclub.org.uk](mailto:Reece@yclub.org.uk)

 **SAMUELS**  
FITNESS

