



The Academy of Woodlands

Personal Training

Woodlands Sports Centre
Woodlands Road
Gillingham
ME7 2DU
0300 065 8216



Steve Villanueva

The Strength Coach

"I can help you be your strongest self"

"Lets lose that weight"

"Lets get you in sport shape"

"Let's fix those aches and pains"

Qualifications:

BSc in Sports Science

Level 1 British Powerlifting
Coach

Level 3 Personal Trainer

Contact me:

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