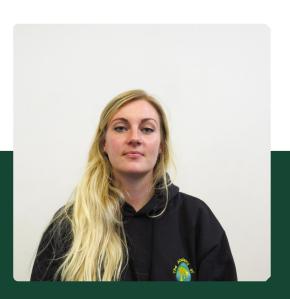


## The Academy of Woodlands Personal Training

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



## **Steph Street**

Qualified Personal Trainer with 5 years experience running a range of fitness classes.

Having a sporting background, I decided to begin my career in fitness and offer personal training where I intend to specialise in ante/ post-natal fitness and strength training.

I have recently set up my own fitness page where I will soon announce Upcoming fitness classes and personal training sessions.

Feel free to contact me by email or stop me for advice or tips on Training!

**Specialist Areas:** 

**Circuit Training** 

Kettlebells

Abs

**Strength Training** 

**Padwork** 

HIIT

**Contact Me:** 

Instagram:

@Saga\_Fitnesstraining

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