



The Academy of Woodlands

Personal Training

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



Danielle Smithson

I've never been particularly sporty, but like a lot of you I caught the fitness bug and wanted to pass it on.

While I mainly do resistance training, I am not a one trick pony, if you want something I will do my best to deliver it. I like to be challenged too!

I am passionate about helping people change their lives in a practical and attainable manner. I believe everyone deserves the right to good health and a positive body image inside and out.

With so much conflicting and contradictory information out there it can be very frustrating and confusing. However, you are not alone, let me help you!

I can't wait to help you reach your goals, whether they are target based or just to feel healthier.

Let's take this journey to a new, healthier, happier you together!

Specialist Areas:

Resistance Training

HIIT

Circuits

Qualifications:

Level 2—Gym Instructor

Level 3—Personal Trainer (Pending)

First Aider

Contact me:

danielle.smithson@aow.uk.com



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