



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:

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