# Personal Training with Go-Active Fitness in Rayleigh



Location **East of England, Essex**

https://www.freeadsz.co.uk/x-171498-z

My name is Kurtis Swan and I am currently a Personal Trainer and Gym Instructor in Essex, England. I have qualifications in â€¢ Circuit training, â€¢ Gym-based boxing, â€¢ Studio Cycling, â€¢ Sports Nutrition, â€¢ As well as achieving â€˜Aâ€™ grade in Physical Education at both A-Level and GCSE. I would be more than capable in any goals that your employees wish to achieve, whether they are health or skill based fitness components. These qualifications, in addition to my knowledge, have meant that I have assisted clients in â€¢ sports specific targets, â€¢ gaining an enhanced and more confident physical profile, â€¢ promoting a positive psychological outlook â€¢ helping teams become successful. The prices that charge are also extremely reasonable. For a block of 10 x 1 hour sessions I only charge £280. This is compared to most gyms which charge £35-40 per hour session plus a monthly contract. I also offer sessions in groups, as well as 1:1 and so the price per client is even less. As my time as a fitness professional I have spent my time in situations where participants have been from a demographic population, such as elderly dementia patients or youth football teams. I am a dedicated and enthusiastic to improve teams and the wellbeing of clients by consistently helping them to achieve their goals. This is done through varied activities that will benefit physically and psychologically, not just by playing the sport itself. I have an Enhanced Criminal Records Certificate and currently teach of childrenâ€™s class, where they are all under the age of 5 years old. I myself have dealt with sport specific training and my training routines have meant I have achieved an Essex County silver medal over 5 miles and run a 1 hour 18 minutes half-marathon in 2013 â€“ average of 6 minutes per mile. I am also ranked within the top 50 within the country over 5 miles and 10.