

Home and Outdoor Personal Training Service



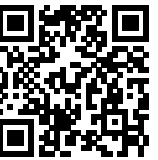
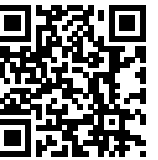
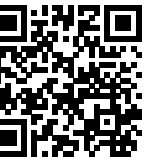



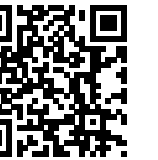
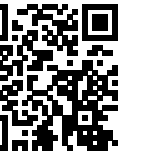


Location **South East, Middlesex**
<https://www.freeadsz.co.uk/x-557264-z>

Experienced Personal Trainer and Strength and Conditioning Coach Jamie Mcsherry is now providing home and outdoor Fitness Training sessions across the Royal Borough of Kingston Upon Thames.

Jamie has worked with a range of clients from beginners to elite athletes over the past 7 years at a Central London location and is now running additional training sessions in his local area after recently relocating to Surbiton.

- Certifications and Experience includes:
- NSCA accredited Strength and Conditioning Coach
 - CYQ Personal Trainer Certificate
 - Kettlebell Training Certificate
 - Diploma in Pre and Post Natal Exercise
 - Former GB Powerlifting Team Assistant Coach

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