

Fit Club Dover & Canterbury

Fit Clubs are a chance to take your health to a new level, regardless of whether you are looking for weight loss, weight gain, athletic performance, energy, toning or any combination of those. We offer programs that are suitable for all people and utilize all aspects of healthy lifestyle changes to deliver results. It's not just about exercise. Fit Club is a completely holistic approach, run by a team of fitness professionals and nutrition experts together to help achieve your goals!

Exercise Programme – Fitness Instruction and Bootcamp

Personalised Nutrition – Herbalife (Weight Management, Wellness and Sports Nutrition).

Ongoing Coaching/ Body Composition Testing –

24 Fit Clubs in Kent combine metabolic workouts, strength training, personalised nutritional intake from Herbalife, ongoing coaching and regular body composition testing to get optimum results.

Personal trainers and Fitness Instructors looking for a new career opportunity? Like to run a fit club in Kent, contact us on 07900 127624.

Dover – 07540 239595

[Deal](#) – 07900 127624

Redruth and Camborne

Exercise Programme – Kettlercise Class and also Personal Training

Personalised Nutrition – Herbalife (Weight Management, Wellness and Sports Nutrition).

Ongoing Coaching/ Body Composition Testing

24 Fit Clubs in Cornwall combine metabolic workouts, strength training, personalised nutritional intake from Herbalife, ongoing coaching and regular body composition testing to get optimum results

Newcastle and Gateshead

Fit Clubs combine metabolic workouts, strength training, personalised nutritional intake from Herbalife, ongoing coaching and regular body composition testing to get optimum results.

Tom Oswald is providing Personal Training, tailored programmes, delivering weight and nutritional advice, helping members to attain their health goals. He qualified as a fitness instructor in 2004 and completed Personal Training and Nutrition & Weight Management courses in 2005.

Exercise Programme – Gym based cardio and strength training.

Personalised Nutrition – Herbalife (Weight Management, Wellness and Sports Nutrition).

Ongoing Coaching/ Body Composition Testing – Tom Oswald

Salisbury

The **Coach Me Slim & Trim®** programme is headed by Erak Simsson BSc (Hons). Erak is highly respected in the health and fitness industry. He has been featured in numerous national health and fitness media and has presented at national health and fitness conventions. Erak has been involved in health and fitness for over 25 years. This has included being a former Warrant Officer in the Royal Army Physical Training Corp, training fitness instructors and managing exercising rehabilitation clinics.

Erak developed the **Coach Me Slim & Trim®** programme in 2005 as a way to continue his passion for teaching adults about good health, fitness and personal development. Erak has now trained and mentored his own team of like-minded fitness professionals to successfully deliver the **Coach Me Slim & Trim®** programme.

Each team member holds a nationally recognised **Advanced** Personal Trainer certificate is insured, and is constantly trained to remain at the forefront of weight loss and fitness.

Exercise Programme – Gym based cardio and strength training.

Personalised Nutrition – Herbalife

Ongoing Coaching/ Body Composition Testing – Erak Simpson and team

Location of the 24 Fit Club – Salisbury City Centre

Contact Number 01980 595 502

Web Site – <http://www.weightlosscoachandtrainer.co.uk>