

PERSONAL TRAINER PROFILE

Daniel Choinski

How do you book me?

Email: Danielchoinski@hotmail.co.uk
or ask at reception for my details.



My Qualifications

Personal Trainer
Level 3

Gym instructor
Level 2

Spin Instructor

About me

Hello, I'm Daniel and I'm a certified Personal trainer. I have a passion for helping people achieve their fitness goals and live a healthier and happier life. I can design a customized workout plan for you, based on your current fitness level, goals, preferences and schedule.

My aim is to offer a supportive and motivating environment for my clients, where they can feel comfortable, confident, and discover the joy and benefits of fitness.

I can support your goals with my following services:

- Free consultation
- 1-2-1 Training
- Small group personal training
- Design bespoke and customizable training plan
- Track and manage your progress

My specialties

- Strength Improvement
- Weight management and Weight loss
- Functional Fitness
- Hypertrophy (Gaining Muscle)

I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number

let's do
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