

PERSONAL TRAINER PROFILE

Sherri Iles

How do you book me?

Email: sherri.iles@serco.com
or ask at reception for my details.



My Qualifications

Personal Trainer
Level 3 In
Personal
Training

Gym instructor
Level 2

Circuit Training
Instructor

Kettlebell Instructor

HITT and Core
Training Instructor

STA Level 2
Swimming Teacher

About me

Hello, I'm Sherri and I'm a certified Personal Trainer. I have dedicated the last couple of years to enhancing my knowledge and experience within the fitness industry. It is my aim to assist all those looking to better their lives through fitness by developing bespoke, well-researched and comprehensive training programs.

I can support your goals with my following services:

- Free consultation.
- 1-2-1 Training Programs.
- Group Personal Training and Classes.
- Design bespoke and customizable training plan in a safe, supportive and encouraging environment.
- Provide you with simple but effective nutritional advice to introduce healthier habits.
- Track and manage your progress.

My specialties

- General fitness and starting with the basics
- Resistance training (weights)
- Strength improvement & Core Stability
- Improve ability to complete daily activities
- Weight management & Weight loss
- Compound Movement Posture correction.
- Functional training & Injury prevention
- Strengthen Bones, Build Muscle & Mobility Movement Specialist.

I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

let's do
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