

PERSONAL TRAINER PROFILE

Aaron Boyd

How do you book me?

Email: aaron.boyd@serco.com
or ask at reception for my details.



My Qualifications

Fitness Instructor
Level 2

Personal Trainer
Level 3

Obesity and Diabetes
specialist Level 4

Cancer Rehab
specialist Level 4

Exercise Referral
Level 4

Kettlebell Instructor
Level 3

Hatton Advanced
Boxing instructor

Covid Rebuild and
Rebound CAWS

About me

Hello, I'm Aaron and I'm a certified level 4 Personal Trainer. I have worked in the Fitness industry for over 15 years. I am passionate about making exercise inclusive and enjoyable for everyone – from first time gym users, people with medical conditions, casual users, all the way through to high level athletes. My aim is to help you achieve your goals in a safe, fun and positive way and give you the knowledge and confidence to continue your health and fitness journey outside of our sessions. I can support your goals with my following services:

- 1-2-1 Training
- Small group training
- Design bespoke and customizable training plan.
- Provide you with nutrition advice and simple but effective lifestyle changes

My specialties

- Injury Rehab, Functional Training & Injury prevention
- Exercising safely with various medical conditions
- Strength Improvement & Core Stability
- Weight Management & Weight Loss
- Learning how to use Kettlebells
- Cancer exercise Specialist
- Boxing fitness and Pad work
- General fitness and starting with the basics

I'm regulated by:

The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number Physical Activity
(CIMSPA) Member number - 034161

let's do
MORE