

## MPR Personal Training



Hi.

I am Mary, and I am a qualified personal trainer and Pilates instructor. I have been working in the fitness industry for the last 5 years and have further qualifications in exercise to music (aerobics/dance fitness), circuit training, indoor spin, Zumba and am currently awaiting my "Rock fit" and "This Girl Can Training" qualifications.

My own particular sports are running, triathlon, netball, HIIT and circuits. I run my own LBT, circuits and dance style aerobics classes.

I tend to train those interested in improving overall fitness levels, benefiting both mental and physical health. I love to see people take on challenges such as Couch to 5K, running 10K, doing a Race for Life, completing a tough mudder, or even trying a triathlon! I encourage all types of exercise, as you never know what you will enjoy until you try it!

My philosophy for exercise is to work as hard as you can and try to have fun as well; you will definitely feel the effort to be worth it at the end. Group exercise is great for motivation and seeing improvements in your physical abilities. 1:1 sessions are great for meeting individual goals and monitoring progress in reaching those goals.

I look forward to seeing you in the gym!

Mary.

For further information, please contact:

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