

Simon Fox Personal Training



Hi.

I'm Simon, but most people call me by my nickname Foxy. I am a qualified Personal Trainer and have been in the fitness business for over 17 years.

I am also a qualified Exercise to Music instructor; and my other qualifications, which I teach regularly, include Pump, Spin, Circuits, L.B.T, H.I.I.T, Boxercise, and my own Fun dance class called 'Foxercise'. I also hold outdoor Bootcamps.

I am trained in basic Sports and Relaxation Massages, and have a diploma in Sports Psychology and Anatomy and Physiology.

I do a lot of work for children and adults with disabilities, including fitness, dance and 1:1, for both fitness and mental wellbeing.

All my training sessions are fun, as I believe you will get more out of things if you enjoy doing them! I will push and motivate you to achieve your targets; the sessions are about you, and together we will achieve them.

I offer 1:1 training, as well as small group training. All sessions will be adapted to meet your requirements.

Hopefully see you in the gym very soon!

Foxy

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