

PERSONAL TRAINER PROFILE

Jolanta Zapadka

How do you book me?

Call: **07891178872** Email: **Jolantazapadka@gmail.com**
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Active IQ Level 3
Diploma in Fitness
Instructing and
Personal Training
(Regulated by: Ofqual)

Gym Instructor

Level 2

Group Fitness Instructor

Qualified to lead:

Bootcamp
Gym Fusion
Legs, Bums & Tums
Boxercise
TABATA Fitness
HIIT
Forever Fit
Kettlebell

My name is Jolanta and I am a certified personal trainer here at Bisham Abbey NSC. I am extremely passionate about fitness and strive to share my passion with others. I am a firm believer that exercise can enrich your life not only in the gym, but also in other life domains. I would love to help you reach your fitness goals, no matter how big or small, and see you thrive through implementing my evidence-based training programs into your life. My programs are tailored specifically to you and your lifestyle, ensuring that you can stick to them long term.

I can support your goals with the following services:

- Free consultation
- Delivering personal training sessions
- Designing your unique training plan
- Providing you with lifestyle advice alongside our 1-2-1 sessions
- Tracking and managing your progress

My specialties

- Resistance training
- Strength improvement
- Muscle building, weight loss and/or body re-composition
- Form correction
- Mobility and flexibility

MORE PT

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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