

# Personal Training at Sandy Sports Centre



## William Selfe

**Fitness Consultant / Personal Trainer**

**D.O.B:** 18.06.1983  
**Joined SLL:** august 2008  
**Telephone:** 07913 019652  
**Email:** ptwithwillselfe@hotmail.co.uk

### Personal Statement

Having been brought up from a working class background I am a strong believer that hard work, determination and discipline can overcome any obstacles in life. I apply these principles with my personal training in combination with the skills and knowledge I have obtained by spending almost four years working within the leisure Industry. I feel as though it is extremely important for my clients to successfully achieve their goals and I will endeavour to provide an empathetic and efficient service to help my clients do this.

### Personal Interests & Specialized Areas

- o Boxercise
- o Circuit Training
- o Interval Training
- o Progressive Resistance training

### Finishing words

As a full time gym Instructor at Sandy sports centre my availability for personal training is extremely flexible. I can be easily contacted at the centre; alternatively I can be contacted by phone or E-mail. As a recently qualified personal trainer I am keen to work hard for my clients and make a positive impression.

### Qualifications & Experience

Nearly 4 years experience working in the leisure Industry,

- o Level 2 Qualified gym Instructor
- o Level 2 Exercise and Fitness knowledge
- o Level 2 Principles of exercise fitness and health
- o Level 3 Anatomy and Physiology,
- o Level 3 improving own learning,
- o Level 3 Awarding employee awareness
- o Level 3 Nutrition
- o Level 3 Certificate in Personal Training,
- o NVQ Diploma in Personal Training,
- o Additional Qualifications available upon request.
- o REPs Level 2 Registered

