

Simon Elkinson is an experienced Fitness Trainer and Rugby Coach. He has worked at the highest levels in the game, including professionally on a personal level at premiership level; Coupled with this he has a Sports Science Degree and is a top Strength and Conditioning Coach for male and female elite athletes.



Personal Training

WITH SIMON SPRING 2012

Outdoor 121 Personal Training – Circuits/Boxing/Core/Speed & Agility/Weight Loss

Indoor 121 Personal Training – Weight Training/Boxing/Core/Back Pain/Strong Man

Complementary Consultation and 15 minute taster available

For more information on Prices, Group Sessions and locations please get in contact

Simon

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