

MEET OUR TRAINERS...



JAMES PACE

QUALIFICATIONS

- BA App. Sc. (Sport and Exercise Science)
 - REPS Advanced Instructor Level 3
 - VibroTrainer Levels 1 & 2
 - NCSR Studio Cycling Certificate
 - Paul Chek Swiss Ball Training

James has over 7 years experience within the fitness industry, motivating and inspiring individuals to reach their specific fitness goals. Whether it be weight loss, muscle growth, posture correction, training for a specific event or just improving your fitness, James will be able to get the most out of your gym experience.

**JAMES CAN ALSO OFFER NUTRITIONAL ADVICE
TO COMPLIMENT ANY FITNESS REGIME.**



MARKET SPORTS

health & fitness health & fitness health & fitness

Email: jmsa@hotmail.com
Mobile number: 079809 830 624