

# pt profile



## Candice Smith

### Qualifications

- City and Guilds advanced Instructor level 2
- Premier Level 3 in personal training
- REPs registered
- YMCA Indoor Cycling
- Keiser M3 Spin
- Power Plate Instructor

Are you struggling to lose weight, desperate for leaner legs, training hard and not seeing results or suffering with a lack of enthusiasm with the same old routine?

Well, did you know intervals and/or circuit training can be just as effective and take half the time as a long drawn out CV session?

With my knowledge and passion for training I can help you to achieve your goals. Together we can plan your individual journey and I will ensure you reach your destination be it weight loss, strength training or all round conditioning using achievable and manageable methods. I will ensure that your journey into fitness is one that is fun and exhilarating and ultimately a success!

**“Some people want it to happen, some wish it would happen, others make it happen.” Michael Jordan**



07943 173335

personal.training@marketsports.co.uk

[marketsports.co.uk](http://marketsports.co.uk)