

pt profile



Tori Norris Qualifications

- Pilates Foundation Matwork
- Specialist qualification in Pre & Post Natal Pilates
- Rehabilitation Training for all sports & non sporting injuries such as spinal issues, knee and shoulder injuries & neck, shoulder & back tension

Pilates is an intelligent approach to exercise as it focuses on balance and re-educating muscle groups. Whatever your age, gender, ability, fitness level or goal, the Pilates method will suit you. Focusing on your own individual posture, muscle tone and movement patterns, giving you the very best workout experience. In a Pilates session with Tori you will focus on balance & re-educating muscle groups, movement quality and the subtleness of deep core engagement. Thus strengthening your muscles, improving your posture and creating a body you feel comfortable in.

So many of my clients see the benefits & become enthusiastic!



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