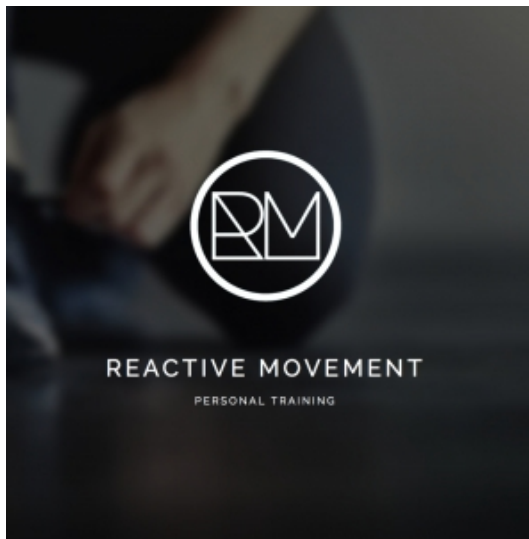


Reactive Movement



Phone: 07595611711

I'm Leoni, a qualified Personal Trainer, fitness instructor and Actor So, what can I do for you? I'm here to not only help you achieve the fitness results you want, but also to integrate sustainable movement into your lifestyle. I believe a balanced and enjoyable programme will not only encourage your adherence, but also help you to find your physical and inner strength. I'm passionate about finding the perfect program for you. I want you to feel fitter, stronger both mentally and physically! I decided to qualify as a personal trainer after finishing my Masters. I experiencing my own lifestyle changes coming out of my MA and I found a real passion for fitness and the benefits it brought to me both physically and mentally. I love to learn, I'm constantly going above and beyond to continue to learn and expand my knowledge to ensure I am as up to date as possible with my credentials, and best able to deliver my clients the quality of service they deserve. Sometimes a gym enviroment can be intimidating. I work at FitstudioZ, a personal training studio where it's me, you and the equiptment. We can work on your goals, building strength and endurance and your confidence to walk into that gym knowing exactly what you're going to do! With my own training, I love running having completed a Half Marathon PB of 1h48 and 4h20 Marathon in Dubai! I'm an avid climber, lifter and aim to enjoy and experience a verity of other forms of exercise. Interested in working with me? Get in touch! Drop me a message for a FREE consultation.

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