

Home and Outdoor Personal Training Service



Location **South East, Middlesex**
<https://www.freeadsz.co.uk/x-557264-z>

Experienced Personal Trainer and Strength and Conditioning Coach Jamie Mcsherry is now providing home and outdoor Fitness Training sessions across the Royal Borough of Kingston Upon Thames.

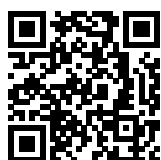
Jamie has worked with a range of clients from beginners to elite athletes over the past 7 years at a Central London location and is now running additional training sessions in his local area after recently relocating to Surbiton.

Certifications and Experience includes:
 NSCA accredited Strength and Conditioning Coach
 CYQ Personal Trainer Certificate
 Kettlebell Training Certificate
 Diploma in Pre and Post Natal Exercise
 Former GB Powerlifting Team Assistant Coach



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