

Jo Freeman

Personal Trainer

About me

I have been in the fitness industry since 2000, I started as a class instructor then progressed to working in more specialised areas such as pre/ post-natal and GP Referral and have recently qualified in Cardiac rehabilitation.

As an advanced Fitness instructor I am passionate about helping people to achieve their goals and helping with their life style changes.

I am a happy, positive and enthusiastic instructor who likes to reflect that in all that I do.



Qualifications

- Exercise to Music
- Gym Level 2
- Suspension Training
- Indoor cycling
- Advanced Fitness instructor Level 3
- Cardiac rehab phase IV
- Core conditioning
- Pre/post Natal
- Level 2 swimming instructor
- GP Referral Level 3

Specialities

- Weight Loss
- Pre / Post Natal
- Mobility
- Cardiac conditions
- Back/core strength

Contact me

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