

Alexis Gray

Personal Trainer



About me

I am an enthusiastic, passionate instructor who believes everyone is unique and therefore so are their training needs. I am a keen CrossFit athlete and enjoy running and cycling. Anything is possible in training you just have to find your scale, have patience and your goals will be achieved!

Qualifications

- Level 3 personal training and nutrition.
- Spin instructor
- Certificate in Functional Training

Specialities

- Weight loss and toning
- Strength training
- Core conditioning
- Flexibility
- Functional Training
- Speed and agility Training

Contact me

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