

Dan Dumford

Personal Trainer



About me

I am a passionate person and have been involved in sport since I was 5 years old. I have delivered several fitness and sporting sessions. I love to be active and on the go interacting with customers. I am happy, smiley, sociable person who loves to help out others.

Qualifications

- Level 2 Circuit Training
- Level 2 Fitness Instructing
- Level 3 Personal Training and Nutrition

Specialities

- Nutritional Advice
- Body Weight Workouts
- Core Strength
- Weight Loss + Toning

Contact me

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