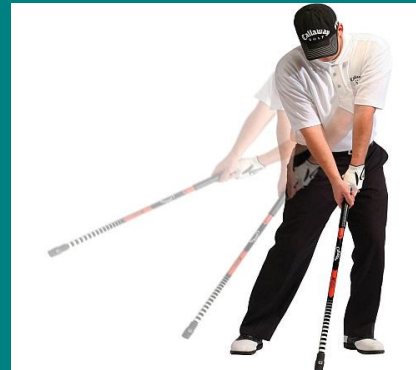


Exercise Specialist

With over 9 years experience as a Personal Trainer Danny believes that a combination of hard work, enjoyment and correct exercise programming is the way to achieve the best results every time. A sportsman at heart and a keen golfer Danny has forged a career specialising in Golf & sports and performance using the latest training systems to enable his clients to move and perform better



Golf & Sports Performance



By focusing on the biomechanics of your particular sport and using the latest training techniques in gym based exercises you will be able to play harder and perform better. Combining specific strength, flexibility and proprioceptive exercises tailored to the correct golf swing will guarantee you a straighter and longer shot!

Kettlebell Training



Originally used by the Russian military kettlebells combine resistance training with explosive exercises producing a truly aerobic calorie burning workout. Ideal for total body conditioning and fitness, kettlebell training offers an alternative to traditional gym based exercise and guarantees results faster.

Body Shaping & Toning



The training systems that Danny has developed through out his long career maximise the effectiveness of your sessions giving you the results you want the way you way you want. Creating the right programme that not only suits your body but suits your lifestyle is key to achieving your goals.

HOURS

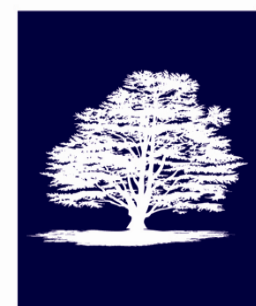
| | |
|-----|---------|
| M | - |
| T | All Day |
| W | - |
| T | All Day |
| F | - |
| SAT | - |

Working hours may change from time to time.

**Danny
Stephenson**
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TO BOOK A FREE SESSION
CONTACT DANNY OR
LEAVE YOUR DETAILS WITH
RECEPTION.



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