

Exercise Specialist

Kerry is a fun, energetic and entirely committed trainer who will accept nothing less than fantastic results for her clients. As a competitive athlete in both marathons and multi-sport events Kerry inspires her clients to achieve their Health & Fitness goals. Through achievable goal setting and proven training systems, results come quicker under her supervision. A qualified level 3 Nutrition Consultant & experienced running coach Kerry combines simple eating plans with the latest exercise techniques to transform her clients or train them towards their first or next event.

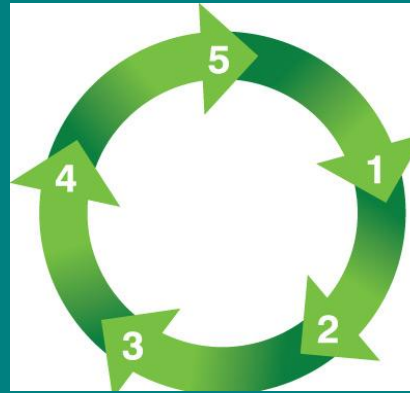


Body Reshaping



Total body reshaping can be achieved by combining interval and resistance training to boost metabolism, burn fat and tone lean muscle. By maximising calorie burn to guarantee inch loss and by focusing on targeted muscle groups reshaping your body need not be an uphill struggle. This proven blend of training systems guarantees results!

The 5 Step Plan



The '5 Step Plan' is a powerful nutritional tool that when combined with regular exercise guarantees significant weight loss in just 2 weeks. Developed and formulated over many years of training different people, this system has proven many times to achieve outstanding results.

Event Training & Running Coaching



Applying the correct technique, training methods and nutrition are essential for event preparation. If you are looking to set a new personal best time, complete your first event or improve your running technique one to one coaching and specialised training routines are essential to your success.

HOURS

M
T
W
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F
SAT

Working hours may change from time to time.

Kerry Bircher

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TO BOOK A FREE CONSULTATION CONTACT KERRY OR LEAVE YOUR DETAILS WITH RECEPTION.



COUNTRY CLUB GROUP

