



Exercise Specialist

Annie is a highly qualified, fully committed and thoroughly professional trainer with over 4 years experience in one 2 one training. A good communicator and listener, who is motivated, enthusiastic and passionate about exercise and achieving the best results for her clients. Annie believes that exercise should be a fun and enjoyable experience and uses this to inspire both herself and her clients to train harder and achieve more.



Running & Power walking

I am a passionate runner and whilst I realise running is not for everyone, walking, jogging and running at any level holds many fitness and health related benefits. It is also never the same twice. Using the surroundings and natural bodyweight resistance exercises for toning and conditioning you can change your body dramatically whilst you enjoy the outdoors and spoils of nature.



Nutrition & Weight Management

The key to successfully managing your weight relies largely on the foods that you eat rather than on the exercise that you do. Freeing yourself from the restrictions of temporary diets and realising how simple a balanced diet can be is the first step to reaching your ideal body weight. By making a conscious effort with my guidance to eat more of the right things and learning to worry less about enjoying your treats you will both eat and achieve more!



Age Related Fitness / Strength

Regular exercise combats the affects of ageing and relieves / prevents age related pain, pore posture, muscular imbalances and weaknesses whilst preventing and slowing the development of diseases such as Osteoporosis and Heart disease. Resistance training in particular as you grow older is ESSENTIAL and should form the foundation for any exercise routine or wellness plan.

HOURS

M	8-4
T	-
W	8-4
T	12-6
F	8-4
SAT	-

Working hours may change from time to time.

Annie Campbell

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TO BOOK A FREE SESSION CONTACT ANNIE OR LEAVE YOUR DETAILS WITH RECEPTION.



COUNTRY CLUB GROUP

