

Prices

Members: £25 for 60 minute session
£12.50 for 30 minute session

Non-Members: £30 for 60 minute session
£15 for 30 minute session

All payments must be paid to the club reception.

Book for a free consultation

All Personal Trainers offer a **FREE** initial consultation with no obligations, please book in at the gym desk. It's then up to you the frequency of your sessions. All of our instructors are fully trained and industry qualified, for more details please see the Staff Profiles board in the Fitness Centre.

For more information or to book your session please contact 01943 607182 (option 2).

Ilkley Lawn Tennis & Squash Club, Stourton Road, Ilkley,
West Yorkshire, LS29 9BG.
www.iltsc.co.uk

Ilkley Lawn Tennis & Squash Club



Personal Training for member and non-members

Why choose personal training?

Personal Training ensures that you get the very best from every workout, nothing is left to chance and you get the results you want. A personal trainer won't just help your fitness, they will help you reach your goals faster, motivate you and make sure you have fun.

No matter whether you're an absolute beginner, regular exerciser or someone for whom exercise has failed to produce the results you are looking for...personal training may be the answer.

Trainer Profiles

Julie Keith



Professional Interests

Exercises for the older adult, children's fitness, diet and lifestyle and training for sporting events.

About me

Since becoming a mum in 2010 I have changed my approach to fitness to make my workouts more time effective. I enjoy swimming, running and snowboarding.

Kerry Robinson



Professional Interests

Corrective exercise for the management of lower back pain, Postural re-alignment, movement based flexibility, Resisted movement training, Functional training, Core Stability, Chair based exercise for the frailer adult, weight lose and toning.

About me

I get my job satisfaction from helping people achieve their goals, gain confidence and improve their quality of life.

Jackie Knowles



Professional Interests

General exercise, fitness. I am also interested in nutrition and weight management.

About Me

I enjoy helping people improve in fitness or weight management and achieve a goal. In my leisure time I can be found either in the gym or out horse riding.

Tez Pearson



Professional Interests

Sports specific training for tennis, golf, skiing and athletics. Weight training for body sculpting and peak performance. Weight loss and developing core strength to prevent injury and aid recovery. I work by analysing movements and muscles used and then build up a programme which challenges and develops these essential elements!

About me

I am firm believer that exercise should be fun and a mixture of training with fresh innovative methods to suit the client needs and personality.

Anne Robertson Connolly



Professional Interests: Sports specific training, Pre/Post Natal Training. The physical and psychological effect of specific weight-loss training. I have worked in the fitness industry for the past 11 years, in that time I have had the pleasure of training the current world ranked number 2, female squash player.

About me

I have represented England and Great Britain at 1500m, 3000m both indoor, outdoor and cross-country running. The 'athlete' mentality never really left me, therefore, I am ALWAYS training hard!

Marcus Whitehead



Professional Interests

TRX training, kettlebell training, Nutrition for weight management, Cardiac Rehabilitation, Sport Performance analysis and enhancement, pre and post Natal, muscle mass training. Over the last 14 years I have worked with International athletes to those looking to simply lower body fat percentage and the rationale is always the same, set targets together and reach them together.

About me

I love challenging conventional theories behind training and using new and often unheard of ways of helping anyone get out of that training rut!