



Exercise Specialist

Jenny is a former county athlete and an experienced trainer with over 4 year's professional training under her belt. As an advanced Personal Trainer Specialising in Pre and Post Natal exercise and Physical Conditioning Jenny combines innovative systems of training to help her clients reach their goals. Her passion for exercise and enthusiasm for getting the most out of her clients ensures that training sessions are challenging, enjoyable and above all rewarding.



Pre & Post Natal Exercise

Exercising through out pregnancy will speed up your recovery and has proven to make for a more efficient labour. Exercising safely whilst fully understanding the physiological changes that take place at each stage of pregnancy will give you the energy to keep training and regain your figure faster.



Abdominal Conditioning

Focused training on the inner and lower abdominal muscles will reduce waist size by flattening and toning the stomach. 'Switching on' these core muscles also provides greater hip and back stability reducing the risk of injury. Core control also greatly improves balance and control ideal for sports such as skiing, golf & football.



Body Toning & Sculpting

Resistance training produces a balanced and lean athletic appearance. By adding cable exercises that challenge your posture, movement and control you will see quicker results and enjoy resistance training more. Preventing age related muscle loss will help to maintain low body fat levels whilst resistance training can burn more calories than conventional cardiovascular exercises.

HOURS

M	-
T	9-5
W	7-1
T	12-8
F	9-5
SAT	9-1

Working hours may change from time to time.

Jenny Hasson

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



COUNTRY CLUB
GROUP

