



# Exercise Specialist

Paul is a friendly and outgoing trainer who has always been dedicated to exercise both competitively through sports such as football and also by regular gym based training sessions. Having aspired to become a Personal Trainer Paul is dedicated to his professional and is constantly training and seeking new ways to give his clients more. Believing very much in balance when training his clients Paul starts with comprehensive fitness assessments and nutritional guides to keep energy levels high, recovery fast and results from training more easy to define.



## Core & Abdominal Training

The inner abdominal 'Core' muscles are the building blocks for a flatter stomach whilst providing essential support for the prevention or reduction of lower back pain. By working inside out to reduce waist size whilst conditioning the superficial abdominal muscles to create tone when combined with fat reduction exercise and diet will transform your stomach.



## 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.



## Weight Management & Nutrition

As an advanced trainer in weight management Paul will help create the best eating plan tailored individually to you. Combining good nutrition with the most affective weight loss training systems Paul is able to overcome weight loss barriers and put you on the right track to healthier and slimmer future.

## HOURS

M	-
T	-
W	-
T	-
F	-
SAT	-

Working hours may change from time to time.

**Paul  
Snowsell**

**07708 922792**

Paul.snowsell@ccgclubs.com

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



**COUNTRY CLUB  
GROUP**

