



Exercise Specialist

Ian has over 15 years experience as a fitness professional and participated in sports like boxing, kick boxing, football, running and weight training, which has allowed him to work with individuals looking to lose weight and tone up, athletes, bodybuilder's, strongmen and strongwomen also casual exercisers to help improve their health and fitness. Ian not only likes to train his clients but also help them understand how important nutrition is to training so you get results in the shortest possible time. Ian will use time proven strategies and exercises mixed with the latest science which makes for a fun session and great results.



Boxing & Kickboxing

For any fitness level, it burns fat, it's fun, it's cardiovascular, it tones the body, it helps to de-stress. You will learn how to punch, kick, strike, skip and put together combinations whilst using body weight & resistance exercises to complete the workout.



Metabolic Conditioning

This is a whole body workout that focuses on Fat burning. The short definition of metabolic training is completing structural and compound exercises with little rest in between exercises in an effort to maximize calorie burn and increase metabolic rate during and after the workout.



Nutrition

As a client you will learn how to plan and manage your calories for weight loss, weight gain or for maintenance. Learn how to eat and how often. Learn the facts about carbs, protein and fats as well as vitamins and minerals and what they do for the body. My knowledge and experience gives my clients the tools they need to change their lives and get results.

HOURS

M	-
T	
W	
T	
F	
SAT	

Working hours may change from time to time.

Ian Armstrong

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



COUNTRY CLUB
GROUP

