



EDDIE ELLIS

Specialities include:

- Weight loss programmes
- Diet Plans
- Nutrition & Supplementation
- Strength and Bodybuilding

Available at:

- Braunstone Leisure Centre
- Leicester Leys Leisure Centre
- New Parks Leisure Centre



ANGHARAD (HARI) PAYNE

Specialities include:

- Conditioning Classes
- Boxercise
- Studio Cycling

Available at:

- Aylestone Leisure Centre



MAGGIE ROKICKA

Specialities include:

- Weight loss and body sculpting
- Nutrition
- Mentoring & Life Coaching
- Boxing for Fitness
- Goal Setting
- Cycling

Available at:

- Aylestone Leisure Centre
- Braunstone Leisure Centre
- Cossington Street Sports Centre
- Evington Leisure Centre
- Leicester Leys Leisure Centre
- New Parks Leisure Centre
- Spence Street Sports Centre



MANJIT SINGH TAKHAR

Specialities include:

- Specialist Inclusive Sports Coach
- Specialist in Blind and VI Futsal
- Nutrition and Health

Available at:

- Cossington Street Sports Centre
- New Parks Leisure Centre



MICHAEL GUY

Specialities include:

- Triathlon Training
- Body Weight Training
- Nutrition
- Cycling
- Outdoor and Treadmill Running

Available at:

- Braunston Leisure Centre



NEIL PRICE

Specialities include:

- Rowing
- Cycling
- Weights/tone
- Weight loss
- Strength and Conditioning
- Functional Training/ Battle ropes
- TRX
- Plyometric box
- Slam balls

Available at:

- Braunston Leisure Centre



ANGELICA CHAMBERLAIN

Specialities include:

- HITT style workouts
- Group and 1-1 Dance Fitness
- Healthy Lifestyle Plans
- Body weight training and core conditioning
- Pilates inspired workouts

Available at:

- Aylestone Leisure Centre
- Braunstone Leisure Centre
- Evington Leisure Centre
- Leicester Leys Leisure Centre
- New Parks Leisure Centre
- Spence Street Leisure Centre



BEN TEBBUTT

Specialities include:

- Rehabilitation
- Weight/body fat loss programmes
- Muscular Strength/ body building programmes
- Body prep competition coaching
- Nutrition
- Mentoring

Available at:

- Braunstone Leisure Centre
- Leicester Leys Leisure Centre



GANESHA BASSI

Specialities include:

- Body Weight Training
- Resistance Training
- Boxing and Pad Work
- Goal Setting
- Knowledge on Anatomy, Physiology and Nutrition
- Weight Management

Available at:

- Braunstone Leisure Centre



JUSTINE STACEY

Specialities include:

- Weight training and body transformation
- High Intensity Interval Training
- Suspension fitness
- Exercise nutrition.

Available at:

- Braunstone Leisure Centre
- Evington Leisure Centre
- Leicester Leys Leisure Centre