



PERSONAL TRAINER

# Natalie French

Natalie has a Sports Therapy Degree focussing on injury assessment/prevention, treatment, corrective exercise and rehabilitation. She is also a spin instructor. Natalie has a keen interest in helping her clients improve technique as well as enjoying exercise after injury through strength and conditioning.

Natalie has worked in a Hospital setting and a professional football environment so has worked with a variety of individuals, who have experienced different injuries and have specific goals.

If getting into exercise after injury is a goal, then Natalie will be able to create a specific program to suit you and your injury, alongside regular assessments, treatment and advice.

E: [nfsportstherapy@hotmail.com](mailto:nfsportstherapy@hotmail.com)



## Croydon High Sports Club

Providing you with the opportunity of enjoying a healthier and more active lifestyle.

We have a fantastic group of Personal Trainers ready to build the perfect fitness plan for you.



Call us for more info  
on **020 8657 9313** or visit  
[www.croydonsportsclub.co.uk](http://www.croydonsportsclub.co.uk)