



## PERSONAL TRAINER

# Ria Blackwell

My name is Ria, I'm a mum of three and I have a passion for health and fitness.

My qualifications include level 2 in Gym Instruction and level 3 in Personal Training as well as training qualifications in Spin and HIIT training.

My fitness journey began when I was seeking self-improvement, lifestyle changes and a general increase in wellbeing. I was severely overweight, and I needed to make changes for the better, I wanted to like myself again and feel confident in myself. Exercise helped me to motivate myself to work hard and resulted in general positivity and a healthy life style which ultimately allowed me to be happy and confident again.

I can help you focus on any area of fitness and training to help you feel better about yourself and achieve your goals. I will guide you in the implementation of your programme and provide you with regular feedback.

I specialise in the following:

- Starting out in fitness • Returning to fitness
- Muscle growth • Weight management
- Building confidence in the gym and yourself
- Mums finding fitness • Spin classes
- Circuit / Hit training • Weight Training

E: [riajefferson@hotmail.co.uk](mailto:riajefferson@hotmail.co.uk)

## 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)

