

## PT Profiles

Faye has been a personal trainer now for over 10 years, she is very driven and has a passion for all aspects of health and fitness. Faye loves working with people helping them to achieve their goals.

“I really enjoy creating strength training programmes for clients, whether it be split sessions or full body routines, together we can sit down and work out a plan, a plan that you can enjoy and be happy with”.

Faye teaches a range of high intensity classes including kettlebells, ab attack, HIIT, and indoor cycling. More recently She has also taken a great interest in the holistic approach and can teach band toning classes, mobility, and recovery sessions along with Pilates.

“I’ve found that this has really helped created a great balance for my clients, along with taking care of my own body and training”.

You will often see Faye in the gym running, cycling, or lifting weights.

Qualifications.

Advanced nutrition and weight loss

Level 2 THUMP boxing

Kettlebell training

Advanced core conditioning

ICG Indoor cycling

Pre & Postnatal

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Matt Scott - I have always been interested in Health and Fitness. And since becoming a Personal Training in 2011, I have been fortunate enough to work with many great people and help them work towards a variety of goals. Achieving these through a combination of nutrition, resistance, and cardiovascular exercises, whilst fitting in with unique needs and lifestyles.

When I am not working, I am working out in the gym or playing golf.

Specialising in:

Nutrition & Diet

Golf Fitness

Injury Rehabilitation

Qualifications:

BSc Sport Science

Precision Nutrition

TPI Golf Fitness

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Rachel is a Level 3 qualified Personal Trainer who graduated from the university of Brighton with a BSc in Sports Science. Rachel possesses strong knowledge and interest in fitness and nutrition. Rachel is a keen footballer having spent most of her career playing for Chelsea Ladies FC before moving to play Semi Professional football at Lewes Ladies FC. Rachel is currently Vice Captain for Crawley Wasps LFC playing in the third tier of the women's football pyramid.

You will regularly see Rachel in the gym working towards her own goals, she takes great pride in helping others achieve theirs in a friendly enjoyable environment.

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Jed is a level 3 qualified personal trainer who tailors his training to client's specific needs and goals. Jed is also a qualified instructor in Kettlebell workouts, Suspension training and Padwork. Jed specialises in strength training and cardiovascular fitness.

Jed will assist you in achieving your health and fitness goals working through a tailored plan, all whilst in a fun and enjoyable environment as he believes having fun is key when exercising.

Jed is a keen footballer playing in the Southern combination football league, therefore maintaining health and fitness is vital.

Jed is also a hard worker in the gym specifically working on strength, cardiovascular and core training.

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