



HANNAH JONES

PERSONAL TRAINER

QUALIFICATIONS

FOUNDATION DEGREE IN SPORTS PERFORMANCE
LEVEL 2 FITNESS INSTRUCTOR
LEVEL 3 PERSONAL TRAINER

I SPECIALISE IN

FAT LOSS
LIFESTYLE TRANSFORMATIONS

MY EXPERIENCE & PHILOSOPHY

I'M HANNAH AND I'M A PERSONAL TRAINER AND PART OF THE UNIT24 DREAM TEAM!

MY EXPERTISES LIES WITH CHANGING YOUR MINDSET. MY SERVICE WILL GET YOU TO YOUR GOAL IN A HOLISTIC MANOR. I WILL CHALLENGE YOU TO THINK DIFFERENTLY AND REALLY DIG TO GET YOUR 'WHY'.

IT IS NEVER JUST ABOUT LOSING WEIGHT OR GETTING THAT TONED LOOK. BOOSTING YOUR SELF ESTEEM, YOUR CONFIDENCE, ALTERNATING YOUR RELATIONSHIP WITH THE SCALES, BEING COMFORTABLE LOOKING IN THE MIRROR. I GET IT. NONE OF THAT IS EASY BUT TOGETHER WE WILL GET THERE.

I AM CURRENTLY OFFERING A FREE 'GET TO KNOW EACH OTHER' SESSION. WHERE WE CAN SEE IF WE WOULD WORK WELL TOGETHER. IT IS AN OPPORTUNITY FOR YOU TO GET A TASTE OF WHAT I CAN DO FOR.

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I HAVE BEEN IN THE PT INDUSTRY SINCE 2014, I HAVE GAINED THE KNOWLEDGE AND EXPERIENCE TO UNDERSTAND THAT NOBODY IS THE SAME BUT IF THEY STICK AT A PLAN WITH THE RIGHT GUIDANCE AND MOTIVATION THEN THEY CAN ACHIEVE ANYTHING THEY WANT.

CONTACT ME TODAY

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