

# Tom Skilton



GYM MANAGER  
L3 PERSONAL  
TRAINER

## A BIT ABOUT ME:

I have been in the fitness industry since 2016 and I have gained a lot of knowledge in different aspects of training from training sports team to everyday people. I like to transfer this knowledge into making my sessions enjoyable for my clients.

Starting out as an apprentice and working my way up, I have gained so much in terms of becoming a healthier person in my own life and transferring what I have learned into helping others achieve their goals. I will always be available if you have any questions that you would like to ask me.

## QUALIFICATION:

- REPS Level 2 Gym Instructor
- REPS Level 3 Personal Trainer
- Level 3 Extended Diploma in Sport
- NPLQ Lifeguard Qualified
- First Aid at Work Qualified
- Circuit Training Qualified

## SPECIALISATION AREAS:

- I will strive to achieve your goals no matter how big or small they are. Everyone starts somewhere, so even if its just to improve general fitness, gain muscle, lose weight or even improving your own knowledge of the different aspects of training then let's work together to achieve it.
- I'm very friendly and approachable, I know the gym can be a intimidating place so I want my clients to feel comfortable in the gym environment and enjoy their training. If you enjoy coming to the gym, everything else will fall into place.