

CHARLOTTE COLEMAN- CHRISTENSEN

PERSONAL TRAINER

Creating movement you enjoy and look forward to is the key to staying motivated. So one of my goals is to help you find the type of training that leaves you feeling your best.

I will always push my clients to be at least 1% better every session and I love seeing them smashing their goals to become a more confident version of themselves.

EXPERIENCE & QUALIFICATIONS

Certificate in Personal Training Level 4
Certificate in Advanced Health & Fitness
Former F45 Instructor
Been in the fitness industry since 2020

Hobbies & Interests:
Horse Riding, All Animals, Weight Training,
Experiencing the Outdoors

SPECIALISING IN:

- Personal Training
- Women's Health & Fitness
- Strength & Muscle Growth
- Group Fitness & HIIT Training



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