

PERSONAL TRAINER PROFILE

Aidan Clarke

How do you book me?

Call: **07455 354922**

Email: **aidanclarkey@gmail.com**

or ask at reception for my details.



My Qualifications

Personal Trainer

Level 3

Gym Instructor

Level 2

- Advanced Training Systems
- Bodyweight Exercises

About Me

Hi, I'm Aidan, a dedicated personal trainer specialising in strength training and overall fitness development. Whether you're looking to build muscle, improve endurance, lose fat, or enhance athletic performance, I'll create a structured, progressive plan tailored to your needs.

I take pride in helping clients move with confidence, train with purpose, and build lasting habits. My approach isn't about quick fixes—it's about sustainable growth, motivation, and making fitness an enjoyable part of your life.

I'm here to build my reputation and make a real impact. Everyone starts somewhere — let's take that first step together.

Ready to get started? Contact me and let's make it happen!

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I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

let's do
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