

GYM & FITNESS
MEET THE TEAM

BUILDING A FITNESS COMMUNITY

We look forward to welcoming you to the Gym at Ipswich Sports Club. The Gym is home to some of the most up to date Cardio Equipment with built-in entertainment features and the latest Resistance Kit in addition to a Free Weights area to ensure that everyone is catered for. Our friendly Gym offers free Inductions to all new members on joining, regular complimentary reviews to ensure you are getting the most out of your workout and manned Gym times to provide you with access to professional advice. We offer Junior Gym sessions for Junior Club members aged 11-16 years which provide an ideal opportunity for our younger members to use the Gym in a supervised environment. We also have a team of highly qualified Personal Trainers available to hire to help you train harder, more effectively and more efficiently towards your goals. With a selection of additional classes also on offer, the Gym provides you with all of the tools that you need to feel inspired and remain motivated to achieve results.

VIENNA HARRINGTON GYM MANAGER / ADVANCED PERSONAL TRAINER Tel: 07958 264694

info@viannaharringtonpersonaltrainer.co.uk

www.viannaharringtonpersonaltrainer.co.uk



Vienna is a Level 4 Personal Trainer with over 12 years experience working in the fitness industry and in dance, in practical delivery roles or management for organisations including David LLOYD, DanceEast, Ipswich Borough Council, University Campus Suffolk and DW Ipswich. Vienna is qualified in Specialist Exercise for Low Back Pain, Weight Management and Nutrition and works with clients to provide a specific training programme and nutritional advice that is practical, fun and suitable for their lifestyle, so that they can experience maximum results from every training session, improved sports performance and so that they are able to make a lifelong commitment to a healthier way of life.

Vienna is a Level 3 qualified Pilates Teacher and as well as teaching group classes, utilises Pilates a great deal when working in a 1 on 1 capacity with individuals; for posture analysis and correction, with those looking to improve core strength or with specific injuries or complaints, such as lower back pain. Vienna also specialises in Cardio Training, High Intensity Interval Training, Muscle Toning and Increasing Muscle Mass. She works with clients of all ages, abilities and conditions, so whatever their fitness goals, she will specifically tailor a plan to suit their needs. Vienna has her Level 3 Exercise Referral Qualification focussing on programming exercises for specific medical conditions.

In addition to Gym Management and Personal Training, Vienna teaches many group exercise classes both at Ipswich Sports Club and in the locality in styles including Yoga, Insanity®, Zumba®, Group Cycling, Circuits, Legs, Bums & Tums and Pilates.

DAVE CHAPLIN

STRENGTH & CONDITIONING COACH / ADVANCED PERSONAL TRAINER

Tel: 07714 899449 dave.chaplin@me.com



Dave is a fully certified Level 4 Strength & Conditioning Coach with 4 years experience working with Junior athletes and individual clients of all ages. He has been working with the ISC Tennis Academy athletes delivering group Strength & Conditioning sessions. Additionally he has worked with a number of clients ranging from those in their early teens through to those in their later years, who wish to improve their strength and mobility for both improved performance and injury prevention in their sport and maintaining their strength and mobility for everyday tasks.

Dave has recently completed a Strength & Conditioning Mentorship programme, headed up by the head of Strength & Conditioning of Leeds Metropolitan University and other mentors who have trained Olympic athletes. This was a very comprehensive course taking the students through the entire athlete training cycle. The course has led to a Level 4 Coach & Practitioner award and the opportunity for progression to a Master Coach in Strength & Conditioning.

Dave works with individuals with a range of goals, from increasing sports performance, recovery from injury, losing weight through to improving fitness and health. He works with people either on a 1:1 set-up or in small groups. He strives to provide a high quality service which includes planning a detailed programme which will take into consideration past experience, personal requirements and commitments.

Please contact any of our Instructors or Trainers on the main Club telephone number 01473 251143 or via their direct numbers / email addresses as shown.

GYM & FITNESS
MEET THE TEAM

LEANNE WEBB



ADVANCED PERSONAL TRAINER Tel: **07545 390502**

leannewebb7@hotmail.co.uk

Leanne is an enthusiastic Level 4 Personal Trainer, with over 6 years experience working within the fitness industry. She is a qualified Exercise Referral Instructor, which enables her to train clients with chronic conditions eg. diabetes, hypertension, arthritis, obesity and many more. Leanne has also recently completed her Level 4 Lower Back Pain Exercise Specialist qualification, enabling her to design specific exercise programmes aimed at those with lower back pain (mild or chronic).

In 2012, she completed a course allowing her to specialise in exercise for fat loss. Every month she runs a weight loss package in the Gym. These are between 4-6 weeks long and include 3 Personal Training sessions and 1 Core Blast session per week as well as regular weigh-ins and continuous nutritional advice and support via email.

Leanne provides personalised programme designs every 4-6 weeks or 1-2-1 sessions on a weekly basis to work towards achieving your goals. She takes into account your exercise and medical history, ability and exercise preference to make each session enjoyable and beneficial.

Leanne also provides a selection of Gym classes including Core Blast, Circuits and Legs, Bums & Tums. Stronger core muscles will help to support the spine, therefore improving posture and reducing general back pain. Details of the classes can be found on the Gym Notice Board, Website or contact Leanne directly to book.

Leanne is also a qualified Level 3 Exercise Instructor for Pre and Post Natal Pregnancy. Whether you have recently fallen pregnant or want to shed the extra pounds after giving birth, she is here to help.

Leanne has also completed a qualification in Postural Assessment and Corrective Exercise. This enables her to analyse a person's posture and prescribe exercises to help improve it.

JAMES FLATMAN



BOOTCAMP INSTRUCTOR / PERSONAL TRAINER Tel: **07792 599433**

info@fitnessteamipswich.co.uk www.fitnessteamipswich.co.uk

James Flatman is a Level 3 NASM Certified Personal Trainer and Director of Fitness Team Ipswich.

Working in the health and fitness industry for over 10 years as a fitness trainer and health club manager, combined with great enthusiasm and passion for sport and fitness, James has plenty of experience as a Personal Trainer, delivering personalised training programs catering for all fitness levels.

With over 5 years experience as a Spinning Coach, James delivers an intense, fun and energising Spinning session perfect for keen cyclists, fitness enthusiasts, or anyone just looking for a change in their training program.

His knowledge of cycling and other sports, such as, Tennis and Badminton, has allowed him to deliver training programs and sessions for the Stowmarket and Autostrasse Cycling Teams, Ipswich Tennis Academy, Ipswich Rugby Football Club, and Badminton England.

James provides other group fitness sessions such as Bootcamp – An Outdoor Military Style Training Session.

**Please contact any
of our Instructors
or Trainers on
the main Club
telephone number
01473 251143
or via their direct
numbers / email
addresses as
shown.**