

PERSONAL TRAINER PROFILE

Iryna Tarasenko

How do you book me?

Call: **075 75 53 75 33** (WhatsApp)

Email: **iryna.tarasenko@ukr.net**
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3 (Practitioner)

Gym Instructor
Level 2

Nutritional Advisor

Group Fitness Instructor

Circuit training

HIIT

Tabata

CrossFit

Dance classes (with adults and children)

Master Degree Dance Teacher

Ballroom and Latin American dance

Freestyle

Wedding dance

Hello, I'm Iryna and I'm a certified Personal Trainer with a strong background in dance, fitness has played a huge part in my life. My goal is to give as many people as I can the tools you need to get results in a fun environment.

I can support achieving the following goals:

- Weight loss/tone up or get fitter for a special event.
- Improve your stability, strength, speed, power, endurance, fitness, and confidence.

I will create you a personalised, unique, and customizable 3-month training plan which we will seal with agreed targets and SMART goals.

I'll also provide you with dietary advice and simple, but effective, lifestyle changes to ensure you can become the best image of your true self.

My specialties

- General fitness and starting with the basics
- Resistance Training (weights)
- Strength Improvement & Core Stability
- HIIT & Endurance
- Weight Management & Weight Loss
- Lean Muscle Building
- Functional Training & Injury prevention
- Exercise after COVID 19 & Exercise Referrals
- Dance sessions

MOREPT

I'm regulated by:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

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