



Alex Navarro Personal Trainer

Be FIT and STRONG



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London Healthcare
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Experience

Based on his 7 years of experience working with sport professionals and amateurs in football, tennis, badminton and rugby; Alex's system of training helps you to maximise your performance. He also has experience helping clients rebuild their strength and performance after sports injuries, including knees, hips and ankles.

What we can offer

Led by one of our most experienced trainers, these courses can be tailored for families or work colleague groups at all levels.

Program 1: (30 min)

This is ideal for anyone who is currently rehabilitating from an injury at the clinic, though it will also benefit anyone who wants to improve general performance, stability, resilience, and core strength using safe and simple exercises. (30min)

Program 2: (30 min)

This is ideal for anyone who finds themselves losing momentum with their training and needs motivation to stay active and mobile and get your heart rate up. This also includes those working from home finding their bodies stiffening and hurting from poor home working conditions.

Fees

Priced at £20 per household. Minimum 2 households required to run the class.

The classes will run weekly. We will set some preliminary times in due course once we know participants availability and demand.