



Meet Michaela Zizkova, Our Resident Personal Trainer!



My coaching career is dedicated to getting women like you fitter, healthier, and happier. It all starts with exercise and healthy eating, but the results go further than your new body shape. You'll be smiling with self-confidence, and amazed at how much you love your fitter lifestyle!

I will help with nutrition, training plan and help you to improve your technique and give you confidence to do it yourself in your own time by your own environment of your choice regardless your fitness level or age.

Work with me in 1-2-1 Personal Training sessions or as small groups. Your sessions will always be bespoke, customised, and planned for your goals.

AREAS OF EXPERTISE:

Woman Fitness Specialisation
 Body Transformation & Nutrition Coaching
 Fat loss / Weight Loss /Muscle Gain
 Private Personal Coaching, at the gym or home based
 Gym Beginners
 Pre/post-natal exercise
 High Intensity Interval training
 Body Confidence
 Group Fitness Classes
 Online Coach (Exercise / Nutrition)

WHERE WILL WE TRAIN?

WellsWay Sport Centre, Keynsham, BS31 1PH
 SBL Sport Centre, Oldland Common, BS30 8TS

CONTACT ME:

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