



Meet Michaela Zizkova.....Our Resident Personal Trainer!



As a child, a minor health issue meant I couldn't continue with gymnastics. At the time, this was devastating. I never lost that passion for fun and fitness. Eventually, I found a way to get back to training (even with asthma). And my career path became clear: to help people find their own way around challenges and barriers, so they could enjoy being fit.

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, in pairs, or as small groups. Your sessions will always be bespoke, customised, and planned for your goals.

Specialties:

- Personal training -Woman fitness specialization -Gym beginners
- Online personal training & nutritional coaching -Group Fitness classes
- Habit coaching (Build healthy fitness habits that become second-nature)
- Weight loss -Body fat reduction -Muscle gain -Fitness testing
- Body weight training -High Intensity Interval training
- Pre/post-natal exercise

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