

I am a 35 years old regular runner who considered himself to be very fit. However I felt that I needed to tone up more and got talking to Simon at my local gym.

He suggested trying his personal training sessions which included "boxercise" and having no previous experience of this I thought "why not??!" My god, I was very wrong about my fitness! I realised in my first session that I had a way to go before I achieved the fitness level I wanted.

Simon's sessions have combined boxing, kick boxing, weights and regular fitness tests. No two sessions are the same and he isn't happy until you have achieved a specific goal during each session. As far as results are concerned, I couldn't be happier! My fitness and flexibility levels have improved no end and this has, in turn, helped my running immensely.

Thanks to Simon my race times have come down and I am now running 2 marathons this year! Simon is the first name I mention to friends and family members who are looking to lose weight, get fitter and feel better about themselves. Thanks Si !!