

SUPREME FITNESS

UK!!



Supreme Fitness UK; has been operating within Central London and Spain for the last 2 years. We are a mobile personal training company, which are happy to meet you at a location or any place of your choice. We have designed fitness-training programs that are exclusive to Supreme Fitness UK and that are suitable for all levels of fitness.

Stacey James, the founder of Supreme Fitness UK served 7 years in the Parachute Regiment as a physical training instructor. His duties as a P.T.I was to make sure all soldiers from Private to Colonel pass their yearly fitness tests and were always fit for active duty.

He left the army in 2004 to set up and Manage Supreme Fitness UK, He has now been a trainer for 8 years and is heavily involved in sports & fitness.

"Supreme Fitness UK; has had success in training their clients and believe that they know what's good for each individual, so they have put together a team of the coasts finest trainers to give you the best personal training service, because that's what you deserve."

There is no better place to train than outside in the fresh air, and now is definitely the best time to start. So why not start off with a free trial session with one of Stacey's Personal Trainers. . Our main interests are improving your lifestyle, physical condition, performance and well-being so why wait!!

STARTING IS EASY

Supreme Fitness Uk offers one-to-one fitness and exercise instruction if you want to get fitter, improve sports specific performance, lose weight or simply look good and feel better about yourself. Personal training makes the vital difference by ensuring that your fitness programme is being put to maximum effect.

SERVICES WE OFFER

Personal training sessions

Group personal training sessions

Boxercise training sessions

Kickaerobics training sessions

Exercise Therapy/Rehab/Sports Massage

SUPREME FITNESS UK TRAINING PROGRAMMES

Pre wedding programme

Pre wedding group training programme

New to training programme

New to training group programme

Intermediate training programme

Advanced training programme

Corporate training programme

So call now to book you're free!! Trial session, or call inside for more details. We promise to return all calls within the hour and e-mails within the same day. We are looking forward to your call.

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