



HEALTH, FITNESS & WELLBEING

MAISIE SQUIBB

PERSONAL TRAINING

WHAT I OFFER:

**1-2-1 PERSONAL TRAINING
SMALL GROUP TRAINING
SPORT-SPECIFIC TRAINING**

LET'S WORK TOGETHER

Build healthy habits and gain confidence

I am a level 3 personal trainer based in Weymouth. I am passionate about empowering others to be physically active and to love their body and their capabilities. Whether you are a complete beginner, a seasoned gym goer, or looking to get active after an injury, I would love to help you achieve your goals.

I graduated from university with a first-class degree in sport and exercise rehabilitation. I am currently a PhD student investigating the effects of footwear on foot development in children. If I'm not in the gym, I'll either be at my desk working or if it's windy, I'll be out windsurfing!



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