



The Academy of Woodlands

Personal Training

Woodlands Sports Centre
Woodlands Road
Gillingham
ME7 2DU
0300 065 8216



Lesley Leishman

I'm a Personal Trainer based here at The Academy of Woodlands and I'm here to help you reach your goals.

I have lost 7 stone in weight and it was during my own personal journey I fell in love with the process and found my love for the gym.

I am very passionate about helping clients reach their goals and to become a fitter and stronger version of themselves.

I feel that my own personal weight loss journey has given me an insight and an understanding of the daily struggles of not only losing the weight but also keeping it off.

Self improvement is a critical part of life and working with my clients motivates and inspires me to continue working towards my own goals.

Qualifications:

Level 3 Certificate in Personal Training
Level 2 Certificate in Fitness Instructing
Studio Cycling (Spin Instructor)
First Aid Worker

Specialist Areas:

Weight loss
Strength Training
Spin classes
Boxing drills

Contact Me:

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