



Our  
Oriam:

## GROUP EXERCISE

## Danny Raynor

### Qualifications

Level 3 Personal Trainer  
Les Mills UK National  
Trainer/Presenter  
Les Mills SPRINT Instructor  
Les Mills Body Pump Instructor  
Level 3 Diploma in Sports Massage  
Therapy and Chinese Cupping

### Specialist areas

High Intensity Interval Training  
Agility Training  
Group Fitness  
Injury Rehabilitation  
Obstacle Race Training  
Postural Correction



### About me

Fitness has been a hobby and passion of mine since a very young age which meant that pursuing a career in the development of people's health and wellbeing was a total no-brainer.

I started out working in local gyms as a sports assistant before progressing through college to allow me to assist the community by increasing knowledge of health and exercise before progressing into larger leisure clubs and gaining my Personal Training Qualifications.

In 2017 I was taken on as a Les Mills UK Trainer and Presenter and became a Reebok Sponsored Athlete. This has not only allowed me to share my passion of health and fitness on a national scale, but also to deliver new research based around the science and exercise trends across the UK.

I aim to bring a unique feeling to each training session that is specific to each clients needs and wants within their fitness journey in order to make their training enjoyable and prepared to catapult out of their comfort zones.

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your  
potential

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