



Testimonials For David Hughes

I had been a gym member for a number of years and had made some moderate progress in trying to loose a significant amount of weight for my upcoming wedding. I then started training with Dave and by the time of my wedding I had gone from a size 14 to 8/10 and felt wonderful on my wedding day!

Dave encouraged me to start running which I did with fantastic results. Within a few months I was able to run a 10k race which was a brilliant experience.

Dave not only helped me in the gym with weights and cardio programmes, he also made me look at what I was eating and showed me how to improve my diet.

With Dave help and guidance my motivation and fitness improved beyond measure and I achieved the body shape I dreamed of. Each training session was based how to get the results I wanted and we always managed to have a laugh and chat which made the hour fly by. I would highly recommend Dave as a PT if you're willing to put in some hard work you will get the results you want!

Nicolette