

PERSONAL TRAINER PROFILE

# Natalia Kasprzak

## How do you book me?

Email: [natalia@nataliatherapies.co.uk](mailto:natalia@nataliatherapies.co.uk)  
or ask at reception for my details.



**Strength | Mobility | Confidence**

## My Qualifications

Gym Instructor  
Level 2  
Personal Trainer  
Level 3  
  
Level 4 Massage  
Therapist  
  
Level 3 Mat Pilates

## Group exercise instructor:

**Les Mills**  
BodyPump  
BodyCombat  
BodyStep

**Zumba**

**Aqua**

**Spin**

**Boxercise**

## About me

Hello! I'm Natalia, your Group Exercise Instructor, Massage Therapist, and now Personal Trainer at Bletchley Leisure Centre. Growing up active sparked my journey into fitness, leading me to a career as a fitness instructor and personal trainer, where I discovered the transformative power of movement and exercise. Becoming a Level 4 Sports Massage Therapist and Pilates instructor allowed me to expand my skills and support clients not only in training, but also in improving mobility, easing tension, and enhancing overall well-being.

I love teaching group exercise classes and supporting others, guiding and encouraging them on their fitness journey. I'm committed to helping women feel fitter, stronger, and more mobile through a blend of functional training, conditioning, Pilates, and mindful movement. My approach combines effective exercise methods with an awareness of how the body and mind connect, empowering you to feel confident, energised, and fully supported on your fitness journey every day.

I'm regulated by:  
The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number 35366

let's do  
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