

PERSONAL TRAINER PROFILE

Jon

How do you book me?

Email: jongladman@outlook.com
or ask at reception for my details.



Strength | Complex Needs | U16

My Qualifications

Gym Instructor
Level 2

Personal Trainer
Level 3

Level 3 Exercise on
Referral

Award in Adapting
Fitness Instruction for
Adolescents

GLP-1 Weight-loss
medication

About me

Hi I'm Jon!

I'm a friendly and supportive Personal Trainer who is passionate about helping people feel more confident, capable and comfortable being active. I believe exercise should be enjoyable and accessible for everyone, and I create personalised programmes tailored to each person's goals, ability and lifestyle.

I enjoy working with people of all ages, including junior members, helping them build positive habits and confidence in a safe and encouraging environment. I'm also qualified and experienced in supporting clients with complex health needs, including members on our Healthy Life (GP referral) programme. This experience has helped me develop a strong understanding of how to adapt exercise safely and effectively so everyone can progress at their own pace.

Outside of the gym, I'm a keen hiker and love spending time outdoors, which inspires my approach to fitness — focusing on movement that supports strength, wellbeing and long-term healthy habits.

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

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