

The Team PT4U



Stephen

I have worked in the fitness industry for over 12 years now. I am a passionate fitness professional and have trained both beginners and athletes alike. I have a background in soccer and boxing and have recently become a Neuromuscular therapist giving me extensive knowledge on injury prevention and rehabilitation.

Contact me on 462 6911

Or email: stephenwestpark@gmail.com

Ian

I have been a personal Trainer now for over 3 years. With a background in triathlon and swimming I like to do both gym and pool personal training. I have a passion for training myself and I like to think I can motivate you to feel the same way about getting into shape.

Contact me now on 462 6911

Or email ianwestpark@gmail.com



Philip

Although I am a fully qualified personal trainer staying up to date with the latest trends I would like to think my greatest skill is to motivate you into getting results. I dedicate myself to my clients 100% and will not rest until we achieve our agreed goals. If you need a push and fast results

Contact me on 462 6911

Or email philipwestpark@gmail.com

Dave

After training under some of the best coaches in the world in Brazil for kickboxing I followed my dream of becoming a personal trainer. Now it is the best feeling in the world watching people that train with me reaching their goals.

Contact me on 462 6911

Or email: davidwestpark@gmail.com



Lizzie

I have been involved in the Fitness Industry for 16 years. The Best part of my day is when I see my clients getting the results they want and reaching their goals. It makes me as a trainer want to broaden my knowledge and be the best personal trainer I can be.

Contact me on 462 6911

Or email lizziewestpark@gmail.com

To get started
Call us on 462 6911
Or email: fitness@westpark.ie

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Personal Trainer for You

Westpark Fitness PT4U

Westpark Fitness Personal Training Program

You have always promised yourself that one day you would set aside time for a Complete physical and Mental Makeover and now is that time. *Look, feel, perform better than you could have ever imagined possible.*



"Some people wait for things to happen others make it happen"

Testimonials



Mary and Sue

We buddy train with our personal trainer which is a great idea. Not only do we share the cost making it cheaper but we also find we push each other during the session and have stuck to it really well because of the support both from each other and our personal trainer.

Miriam

After having my baby I was tired had no motivation to train. I decided 7 months on and still carrying 'my baby weight' to try a personal trainer and I haven't looked back. Along with losing the weight, my energy levels are through the roof. I train twice a week with my trainer and once on my own.



Michael

After retiring I had a little extra time on my hands and decided to treat myself to a personal trainer once a week. I find my quality of life is great at the moment. I need as much energy as possible chasing grandkids.

John and Paula

Initially we started with a personal trainer before we got married. The idea was to get in shape for the wedding. We both worked hard for 8 weeks and we were delighted with the results. Our trainer pushed us and gave us valuable nutritional advice. She even came to the wedding. We will be back after the honeymoon.



James

I had been training for over 5 years and was getting bored with the same routine. I didn't seem to be making any gains. I started with a personal trainer just once a month and was amazed the difference it made, giving me new ideas and really refreshing my training. I now enjoy my training more than ever

Pictures used are for illustration purposes only



“A Goal
without
a plan
is just
a wish”

Our Services

- Design a custom made holistic workout
- Insure fast track results
- Increase your training focus
- Set realistic targets
- Implement basic dietary rules
- Increase knowledge on all aspects of training