

PERSONAL TRAINER PROFILE

Lewis Atkinson

How do you book me?

Email: lewis.atkinson1@serco.com **Tel:** 07512 667893

Instagram: Lewisjay_gym
or ask in the Gym for my details.



About me

My Qualifications

Level 2 Fitness
Instructor

Level 3 Personal
Trainer

BSc Hons Sport
Science & Coaching

I became a member here in 2022 while studying at Nottingham Trent University, and in 2025, I joined the team as staff. It was through my training here that I discovered my true passion for fitness and my desire to pursue a career in the industry. The fitness journey I've embarked on has been incredibly rewarding, and I'm always exploring new ways to stay engaged and continue pushing myself toward progress.

Outside the gym, I coach football with Nottingham Trent University Women's 3s, and love the chance to help players develop their skills, confidence, and teamwork. I'm also a big fan of live music, and try to get to gigs whenever I can.

My specialties

- Strength Development
- Stability
- Muscle Building
- Functional Movement for the Future

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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