

Name: Jon Ainsley

Profession: Personal Trainer

Qualification: Personal Trainer, Pre / Post Natal Exercise, Corrective Exercise For Posture, Nutritional Coach, Circuit Based Exercise

Special Interest: Personal Trainer

Base: Sheffield

Personal Statement, Experience and Employment:

With over 16 years of experience in the health and fitness industry, Jon is a highly dedicated personal trainer who helps individuals improve their physical wellbeing through structured, personalised exercise. Having worked for Sheffield's largest commercial health club, he has recently started his own successful personal training business, operating from an independent gym close to the city centre.

Over the years, he has worked with a diverse client base, supporting people with goals ranging from weight management to specialised populations. His experience includes working with people with Down's Syndrome, prenatal and postnatal clients, and those dealing with postural issues or physical limitations.

Parts of Jon's work have involved collaborating closely with physiotherapists and rehabilitation professionals. Through these partnerships, he has helped clients manage chronic injuries, recover from accidents, and regain functional strength. Jon understands the importance of working within a multidisciplinary framework and is committed to complementing specialist interventions with safe, progressive exercise programming.

He is known for his conscientious and practical approach, tailoring each programme to the individual and focusing on long-term, sustainable results. With a foundation built on common sense, clear communication, and a genuine interest in his clients' wellbeing, Jon aims to support each person in moving better, feeling stronger, and building confidence in their physical ability.

Continuous Professional Development (CPD):

Rehabilitation Fitness Trainer, Nutrition, Boxercise.

Key areas of expertise:

- Functional training.
- Weight management.
- Posture work.
- Working with various rehabilitation professionals to provide exercise based management and recovery.

Professional Affiliations:

- Member of Register Of Exercise Professionals (REPS) since 2009.

Additional Information:

Full UK clean driving Licence

CRB/DBS Checked