



Roz Chandler



**Fitness Presenter
& Educator**



About Roz

Roz's 17 years of experience in the fitness industry has given her a wealth of knowledge and expertise. Specialising in women's fitness and wellness shows her commitment to helping women lead healthier and happier lives.

Her fun, friendly, approachable, and enthusiastic demeanor makes her an excellent fitness educator and presenter, creating an inviting and supportive environment for her clients and participants.



BIO



All available in person or via Zoom



Menopause - A guide to peri-menopause, menopause and post-menopause

A complete fun guide to navigating this time, symptoms bingo, tips and tricks on how to feel better



Benefits of stretch and flexibility

Talk and demonstration - participants to take part. Chair and floor alternatives shown.



Get your 5 a day and why it will make a difference

Demonstrating how eating more fruit and veg can make you feel better inside and out. Recipe ideas shared



Womens Wellness

A whole overview a to how we can make ourselves feel better on a day to day basis

Example talks and workshops



Do you feel stiff, lethargic and tired? In need of some Ibiza-style motivation? Ibiza Flex is the answer!

Ibiza Flex offers flexibility and mobility classes to Ibiza tunes. Tone, stretch, chill and feel the 'Ibiza vibes'... get your flex on with Roz Chandler Fitness!



This class will leave you with:

- An improved range of motion
- Stress reduction
- Enhanced circulation
- Alleviation of muscle tension and soreness
- Better posture
- Better relaxation and sleep
- Improved muscle strength and tone
- Enhanced metabolism It's suitable for all abilities, so book your class today!

Introducing Ibiza Flex



Get in touch!

Email:

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Website:

www.rozchandlerfitness.co.uk

Facebook

[rozchandlerfitness](#)

Instagram

[rozchandlerfitness](#)

YouTube

[rozchandlerfitness](#)

WhatsApp

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Contact



I provide the following programs:

- Fitness Pilates
- Clubbercise
- Ravetone
- Ibiza Flex
- Lift and Tone
- Kettlebells
- Step
- Aerobics
- Dancefit
- Menofit
- Women's wellness



Available for workshops & masterclasses



References:

Rachel Holmes

Master trainer and fitness educator

Jane Boulton BEM

Manager of Springboard

Michelle Gallagher

Head of training assurance, MOD



References

