

Shenda Falvey

Personal Training & Bootcamps

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Westcombe NEWS

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Monthly newspaper of The Westcombe Society: fostering a sense of community

Shenda is our Woman of the Year!

Shenda, of 'Shenda Falvey Personal Training & Bootcamps', has been awarded the prestigious title, 'Wonder Woman of the Year', after scooping 23% of the votes in a recent poll.

Locals voted with their fingers when they were asked by 'The Wonder Woman Network', a networking site for female entrepreneurs in Greenwich and Lewisham boroughs, to nominate their most inspirational business woman.

With over 60 hopefuls in the running, Shenda topped the league and was delighted when her victory was announced on March 8th. - International Women's Day.

The *WN* first profiled Shenda in February this year. When asked what made Shenda stand out, a voter explained:

"She should win for her determination and success at designing programmes that are affordable and make fitness accessible, even to working parents. Shenda provides a very friendly training experience that embraces all abilities. I really admire her for making such a success in such a short amount of time whilst being a mum of two. She truly is a WONDERWOMAN! She is a great inspiration to the women of Greenwich."

Said Shenda: "I have yet to replace my



tubing bands and skipping ropes for a golden lasso, or my gym kit for a sparkly corset and hot pants, but I feel very honoured to have won the title of 'Wonder Woman 2012', especially as it was my clients who got me the top spot!"

Alongside one-on-one training specifically designed to meet and exceed clients' personal goals, at a location of their choice,

Shenda also runs six bootcamp classes per week at Central Park, in front of the OZ.

Come rain, snow or shine, you will find Shenda every Tuesday, Wednesday, Friday and Saturday morning at 9.30am and every Monday and Wednesday evening at 7.30pm ready to put clients through their paces with a fun and invigorating workout.

Shenda is offering a FREE non-obligatory session to all potential new recruits. And for new and mums to be, Shenda is fully qualified in 'Pre and Post Natal Exercise'. With her personal experience as a parent, she has clients feeling in tiptop condition throughout their pregnancy, followed by an easier labour and birth, and a quicker recovery.

You can contact Shenda on 07887 727 335 or shenda@shendafalveypersonaltraining.co.uk "www.shendafalveypersonaltraining.co.uk"