



Meet your trainers

Head PT - Nicola Rossell



Time in the job = 12 years

Qualifications

Level 4 Cancer Rehabilitation
Level 3 Personal Training
Level 3 Freestyle Yoga
Level 3 Deep Tissue Massage
Level 3 Exercise Referral
Mental Health First Aid
Emergency First Aid at Work

I love being a personal trainer because I love to empower women to be as fit, strong and confident as possible, teaching them the skills to balance their energy, exercise and well-being for the long term!

Contact

07983 551 550

PT - Rosie Cyhanchuk



Time in the job = 6 years

Qualifications

Level 4 Cancer Rehabilitation
Level 4 Postural Stability
Level 3 Personal Training
Level 3 Escape Pain
Level 3 Exercise Referral
Emergency First Aid at Work

I love being a personal trainer because I enjoy giving our members the skills, motivation and self belief to lead a more active lifestyle.

Contact

07453 974 142