

Reece Stimpson



ABOUT ME

Making exercise enjoyable is my goal! I am an enthusiastic Personal Trainer who has worked in this industry for a number of years and has had the privilege of working with many clients of all different abilities. I am someone who really enjoys changing things up to make sessions more interesting and engaging, keeping you on the right track to achieve those goals. I am always looking to adapt my teaching style to give you the most enjoyable and effective sessions. Through fun but challenging workouts we will reach your desired goals together.

SPECIALITY AREAS

- GP Referral
- Weight loss & weight management
- Muscular hypertrophy (muscle gain)
- Fun and creative core training

Please contact me on: r.stimpson@UEA.ac.uk or 07841939668

Aaron Manio (ANutr) BSc Hons



ABOUT ME

Whether muscle gain, fat loss, physical performance or diet is your focus, my goal is to guide and empower your abilities towards achieving your personal milestones. As a Registered Associate Nutritionist (ANutr) I believe in the combination between a sound nutrition and training programme being the key to an effective and rewarding strategy.

As an ongoing athlete, I encourage a competitive mind set. With my background in strength training and with my experience in assisting strength-based athletes both in physical training and nutrition, I am passionate in helping others, with any level of fitness, to achieve new heights of strength and self-confidence whilst enjoying the process.

SPECIALITY AREAS

- Nutrition for weight loss and performance
- Strength and Performance
- Power lifting and Olympic weightlifting

Please contact me on: A.Manio@UEA.ac.uk or 07712299630

Iain Kermode BA. Hons



ABOUT ME

Having worked in the Fitness Industry since 2009, I have worked with over 200 clients. I understand that it can be a balancing act between your numerous commitments. I focus on helping you develop an enjoyable routine that will allow you to achieve results and still have a life!

I am a keen sportsman having played cricket all my life as well as enjoying strength training, golf and football. I am the current Fitness Manager here at the Sportspark.

SPECIALITY AREAS

- Obesity and Diabetes
- Functional Training
- Corrective Exercise
- Exercise Referral

Please contact me on: I.kermode@uea.ac.uk or 01603 593865

Joe Brown



ABOUT ME

Personal Training is something I love doing! I am so enthusiastic about helping others and making people a better version of themselves. I'm always looking to improve my methods of coaching further, gaining as much knowledge as possible to help as many people as I can, whether it be in the gym or outside the gym. I always try and change things up to make sessions more interesting and engaging. I always go with the saying, every goal achieved is one step closer to your dream.

SPECIALITY AREAS

- Specialist in Flexibility, Aesthetics and Gymnastics
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Strength & Conditioning Intern
- Body Confidence
- Nutritional Advisor

Please contact me on: joeedwardbrown1@gmail.com or 07479640316

James Warren MSc.



ABOUT ME

Having come from a background in individual sports, I encourage a self-competitive attitude. Challenging yourself and taking pride in the achievements you have already made.

Using my knowledge and experience of strength and conditioning to achieve optimal performance whatever the goal. I favour compound movements, stimulating more muscle mass to evoke big gains in strength, size or fat loss.

SPECIALITY AREAS

- Sports performance
- Gaining strength, power, speed and muscle mass
- Posture and core stability
- Injury prevention

Please contact me on: James.Warren@uea.ac.uk or 01603 593865

Mark Cundle MA. Cert



ABOUT ME

Having been a coach for just over 10 years, I have developed a wide range of knowledge within sports, fitness and nutrition. Whether it be specific sports conditioning, muscle gain, weight loss or increasing your fitness, I am confident that I can help you. More so, I am always looking to improve my methods and to ensure that you get the best training possible delivered to you. No goal is out of reach.

As well as the above, I coach Elite level Self-Defence and Martial Arts, as well as boxing and Kick-boxing for all ages and ability levels.

SPECIALITY AREAS

- Muscular Hypertrophy (Muscle Gain)
- Level 3 Athletic Sports Conditioning
- Weight Loss
- Elite Level Combat Coach

Please contact me on: m.cundle@uea.ac.uk or 07495286667

Tyree Poll-White



ABOUT ME

It's all in the name; '**Personal**' Trainer. I'm here to ensure you reach your goals with a programme tailored specifically to you and help you become more comfortable and confident in any gym environment. I strongly believe in teaching correct form and coaching getting a full range of motion with every exercise in order to gain full benefits and make maximum progression with each session! Sessions with me will be both challenging and fun as I always like to incorporate new exercises that will push your boundaries every time. I guarantee you will be surprised at what you are capable of!

SPECIALITY AREAS

- Core work
- Boxing Pad work/MMA Drills
- Cardiovascular endurance
- Level 2 studio spinning instructor
- Muscular hypertrophy (muscle gain)
- Weight loss and weight management

Please Contact me on: pollwhitefitness@gmail.com or 07732116426

ASHLEY ROYSTON LODER



ABOUT ME

I take a Holistic approach to Personal Training and like to approach the full picture of a client, focusing on physical and mental performance. Inside or outside the gym I like to give the inspiration to achieve your fitness goals. Having had a few health scares in my life I have got a unique understanding of using fitness to overcome problems of recovering from a serious health scare or a trauma in life, I used getting back into training to help my body and mind recover.

I like to make my clients feel confident in any situation. I am passionate about keeping healthy and believe that a good workout programme alongside a healthy diet is a key to overall well-being.

SPECIALITY AREAS

- Level 3 Personal Training
- Helping with anxious clients
- Recovery after Trauma
- 5 fundamentals, Squat-Deadlift-Row-Press-Overhead
- Cycling/Mountain Biking Training
- Nutritional Advice

Please Contact me on: ashleyloder@gmail.com or 07783490037

Paige Forbes



ABOUT ME

I know that nobody wants to make a fool of themselves in the gym, that's why I'm here to make you feel comfortable and that you belong in this environment! Training with me will give you a strong focus on correct form in the gym to help you build confidence in your technique; no injuries or ego-lifting here - I believe in taking training back to the basics with compound lifts to get stronger in a safe and time-efficient way. I specialise in fat loss, muscle growth (especially legs and glutes!) and will always make sure you have a good time in every session while building strength and confidence in the gym - and in your own skin too.

SPECIALITY AREAS

- Lifting technique
- Muscular hypertrophy (muscle growth)
- Strength training
- Weight management

Please contact me on: paigeyf1996@gmail.com or 07432146743

Andy Meeson



ABOUT ME

I am a 3rd Dan Taekwondo instructor with over 10 years' experience teaching my own classes. As a friendly and approachable personal trainer, I aim to incorporate my martial arts expertise when training my clients. This type of training can be beneficial and tailored to all types of abilities. Introducing them to a range of pad drills and skills in a fun and enjoyable way. This mixed with bodyweight exercises, opens your mind to new and exciting ways to work your cardiovascular system other than using the general machines, whether it is to lose weight, tone up or muscle gain.

SPECIALITY AREAS

- Correct lifting technique, Pad work, weight loss, Hypertrophy and Stretching.
- Level 3 Personal Trainer
- UK Certified Taekwondo Instructor
- 3rd Dan Taekwondo Instructor

Please contact me: andymeeso@hotmail.co.uk or 07788253773

Conni Mekkiou



ABOUT ME

I started in the fitness industry in 2016 as a Les Mills group exercise instructor, and went on to personal training to be able to help people on an individual basis, too. I know how challenging it can be to create workouts that are effective and fit in with your group fitness classes, and I understand the gym can be a daunting place if you're not sure where to start. Whether you come from group exercise or not, if you need guidance with your training, I'm here to help! I have a compassionate approach, and believe in keeping fitness simple but effective. Whatever your goal is, my aim is to get you moving in a way that you enjoy, that benefits you, and that fits in with your life instead of taking over it.

SPECIALITY AREAS

- Combining group exercise with gym training
- Stretching/flexibility
- Les Mills BODYCOMBAT, BODYBALANCE & BODYPUMP
- Level 3 Personal Trainer & Level 2 Exercise to Music

Please contact me on: connifitness@outlook.com or 07887403126

ADAM TODD



ABOUT ME

I have been a Personal Trainer since 2017 and a Strength and Conditioning coach since 2018. My love for training comes from my sporting background, having played sport my whole life; I developed an interest in fitness to try to better my performances to stand out in the sports I play. I am passionate about helping people achieve their goals and reaching their full potential, and pride myself on my customer care. Every program I write I will try to make fun and engaging while making sure you are progressing and improving. I am aspiring to be a full time strength and conditioning coach and really enjoy working with athletes who are looking to improve there: Speed, Strength and Power. I have learned a number of skills working in the industry, which means I am able to work with anyone and any fitness goal they have.

QUALIFICATIONS

- Athletic Development (Strength, Power, Speed and Agility)
- Body Composition (Hypotrophy and Weight loss)
- Experienced at coaching correct technique
- Return to play
- Degree in Applied Sport Science

Please contact me on: adam.todd@atp-norfolk.co.uk or 07805641587 or visit athletes-training-for-performance.co.uk

DAISY MATTLESS



ABOUT ME

Being a competitive swimmer from a young age equipped me with an attitude of appreciation for the consistency and mindset it takes to progress and achieve at a high level, as well as an understanding that success in any area of our lives means taking care of our wellbeing, first and foremost.

To me, training is a journey of finding and building your inner, mental and physical strength, embracing and taking pride in your process, at your pace.

I operate from a calm, present place, with the dedication to help others feel empowered from the inside out.

SPECIALITY AREAS

- Level 3 Personal Training
- Competitive swimming, running & weight lifting
- Mental Health and Wellbeing
- Building Muscle
- Tone and Sculpt

Please Contact me on: daisymattless@yahoo.co.uk or 01603 593865

MASH RAHMAN



ABOUT ME

I am passionate about helping who I work with to become the healthiest, happiest version of themselves and to have the most positive impact that I can on their lives.

My goal is to help people find the right balance for them which means that they can explore their lives to the fullest plus looking, feeling and performing to their full potential. This goes way beyond fitness, that's a given, this also covers mindset, motivation, performance, total fitness and lifestyle. It's all about wellbeing and creating good habits.

SPECIALITY AREAS

- Level 3 Personal Training
- Level 2 Gym Instructor
- Level 3 award in First Aid at work.

Please Contact me on: mahmassyl@gmail.com or 01603 593865

Jakob Galer-Rose

SP
Sportspark



ABOUT ME

Within the last few years, I have found a deep passion for fitness and the gym which led me to becoming a Personal Trainer. I have always been fascinated in seeing people achieve their fitness goals and have started to achieve my own. I used to be quite a large guy and I am pleased with the progress I have made and the knowledge I have gained as part of my fitness journey, and I am still learning daily. I have still not achieved my goals but am sure I will pass them; I would like to pass my knowledge and experience to you and help you reach yours. I am willing to teach anyone at any level of fitness so that they can achieve your goals and aid in your journey to being the person you want to be.

SPECIALITY AREAS

- Level 3 Personal Training
- Level 2 Gym Instructor
- Can offer in depth 8 - 12 weeks (and beyond) programmes suited to you
- Specialises in strength, resistance training and cardio training

Please Contact me on: jakobgrfitness@gmail.com or on Instagram @[jakobgrfitness](https://www.instagram.com/jakobgrfitness)

Luna Rose Frior

SP
Sportspark



ABOUT ME

I describe myself as a 'Holistic Personal Trainer' as my approach to training is as individual as you are and informed by my experience as a Yoga and Pilates teacher. My mission in life is to help people fall in love with exercise. I'm a level 3 Personal Trainer, Yoga teacher and Pilates teacher. I started as a Group Exercise instructor teaching most things but I now only teach 10 classes a week rather than my previous 25 or so. I'm a life coach specialising in mental well-being and neurodiversity, particularly using exercise to manage ADHD symptoms. Due to my background in group exercise I am particularly good with people new to or returning to exercise.

SPECIALITY AREAS

- Group training
- Mobility and flexibility
- Yoga/Pilates 1:1s
- Neurodivergent conditions
- Mental well-being / stress management
- Recovery from burnout / illness / injury
- Yoga, Pilates & Meditation

Please Contact me on: lune@lunarosecoaching.me or via 07494 130352