

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.

Jack Timmins



ABOUT ME

As a certified personal trainers with a degree in Strength and Conditioning, I have helped many clients achieve their personal fitness goals through customised fitness plans. Despite specialising in working with high-level athletes, my passion lies in helping individuals from all backgrounds attain a healthy, high-level lifestyle. In the last six years, I have equipped clients with the knowledge and tools to transform their bodies. Whether you are a seasoned athlete or a beginner at the start of your journey, my goal is to guide and support you every step of the way. By combining cutting-edge training techniques and personalized nutrition coaching, I empower clients to achieve their fitness goals sustainably and healthily. So, if you want to elevate your health and fitness, let's connect and work together towards achieving your best self today.

SPECIALITY AREAS

- Weight loss
- Strength & Conditioning
- Healthy Lifestyle
- Bodybuilding

To book an appointment or ask further questions contact me via j.timmins@uea.ac.uk.

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.



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.



Aaron Vincent



ABOUT ME

Unlock your potential. I am a high level and vastly experienced personal trainer, having trained hundreds of clients for thousands of hours. Whether you are looking to lose weight, build muscle, increase athletic performance, or just feel more confident in the gym, I can help you achieve your fitness goals. Despite being involved in sport and bodybuilding for most of my life, I suffered a bout of depression and addiction in my 20's which led to me becoming unfit, unhealthy, and obese. I believe overcoming this has given me a unique viewpoint of being able to relate to both the experienced gym user, and those who wish to improve their fitness and confidence. I am dedicated to helping you achieve your fitness goals. I can offer personal training, diet and nutrition guidance including meal planning, programme writing, and offer full online, message and phone support to all my clients.

QUALIFICATIONS

- BSc Hon Sports and exercise Coaching
- Advanced Sports Nutrition Diploma
- Advanced Resistance Training Certificate
- Exercise for Fat Loss Certificate
- Bodyweight Strength Training Certificate
- Japanese Ju-Jitsu Black Belt

Please contact me via 07855274188 or via aaron.vincent@uea.ac.uk.

Joe Brown



ABOUT ME

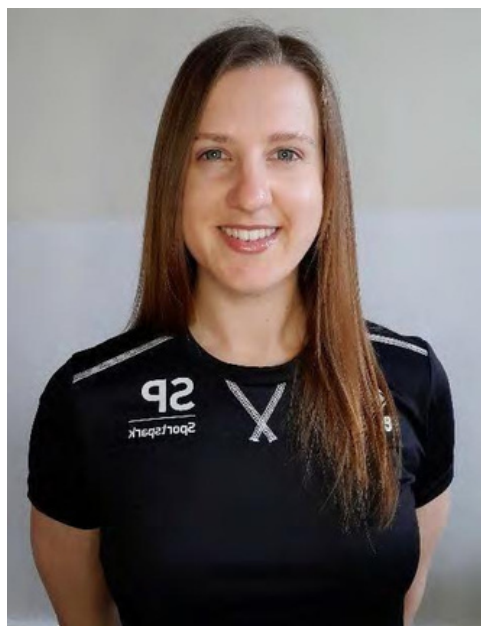
Personal Training is something I love doing! I am so enthusiastic about helping others and making people a better version of themselves. I'm always looking to improve my methods of coaching further, gaining as much knowledge as possible to help as many people as I can, whether it be in the gym or outside 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.

Conni Arnold



ABOUT ME

Hi, I'm Conni. I have several years' worth of experience as a group exercise instructor as well as a personal trainer. I work with adults who want to start lifting weights for health, strength, injury prevention and group exercise participants who want to use the gym effectively alongside their classes. Above all I am passionate about the mental & physical health benefits of exercise, and am currently doing my level 3 diploma in supporting clients with long term health conditions.

SPECIALITY AREAS

- Level 3 Supporting Clients with Long Term Conditions
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 2 Exercise to Music
- Les Mills BodyCombat, BodyPump & BodyBalance

Please contact me on: connifitness@outlook.com.

Rosie Dennis



ABOUT ME

I have over six years experience in the sport and fitness industry, and I want to share my passion and knowledge with you to help you reach your goals in a way that you will enjoy. I believe that the gym is an environment where everyone belongs, therefore I will help you to build confidence within the gym, in your technique, when using machines and most importantly in yourself. Whether your goals are weight loss, building muscle and strength or wanting to improve your general fitness I am here to listen to what you want to achieve and guide you along your journey. When I started my fitness journey, I was very overweight, therefore I know the determination, consistency and time it takes to reach your goals and I am here to make this process easier for you. With me as your personal trainer, we will work together to make your workouts fun, varied and engaging.

SPECIALITY AREAS

- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Level 1 Sports Leadership
- Current BSc Sports Development Student

Please Contact me on: rosiedennis100@gmail.com or 07874609568.

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.

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 too 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.

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 Exercise Referral Specialist
- Level 4 low back pain management
- Exercise for older adults
- Exercise management of chronic disease and disabilities
- Weight loss & weight management
- Muscular strength and hypertrophy

Please contact me on: reece@fill.fit or 07841939668.

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

- Level 4 strength & conditioning coach
- Level 2 kettlebell instructor
- Core work
- Boxing pad work & MMA drills
- Cardiovascular endurance
- Level 2 studio spinning studio
- Muscular hypertrophy

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

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.

Ben Bumphrey



ABOUT ME

As a Physiotherapy Student, keeping fit and healthy is an important aspect that I am passionate about. Whether this is returning from injury, aiming to become an elite athlete, or simply from being a beginner, I am here to help you achieve your goals through positive, fun but challenging methods of training.

My goal is to help you increase confidence, positivity and help you become the best version of yourself. I take great pride in my ability to adapt to all your needs and ensure your training sessions are engaging whilst getting the results you want!

SPECIALITY AREAS:

- Muscle Toning and Hypertrophy (Muscle Gain)
- Lower Limb Strength Training
- Post Injury Rehabilitation
- Body Confidence
- Level 3 Personal Trainer/Sports Massage Therapist

Please Contact me via B.Bumphrey@uea.ac.uk or 07909274761.

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.

Farys Raia



ABOUT ME:

Since an early age, I have been incredibly passionate about Personal Training. I idolise the idea of spreading my knowledge and utilising my training methods to help others find improvements, enhancing themselves physically and mentally. I like to make an effort to keep sessions optimal towards clients goals, pushing them to their true potential, whilst also making it enjoyable for them. You only get one body, take care of it.

SPECIALITY AREAS:

- Specialise in bodybuilding and training for aesthetics/hypertrophy, weight gain, weight loss and boxing
- Level 3 Personal Training
- Level 3 First Aid at work
- Level 2 Gym Instructor

Please contact me on: 01603 593865 or via farysraia13@gmail.com.

Serena Grace



ABOUT ME

I am an elite athlete with 10 years experience within the sport and fitness industry. Whether you are only just getting started on your fitness journey and wanting to lose body fat or perhaps you are wanting to get a little more technical and develop speed and power as a sports person; whatever your situation I will be more than happy to be that extra pillar of support and help you on your journey. Despite sport and fitness being a massive outlet, I am aware it can bring about mental challenges and struggles; therefore, my aim is to help people perform to the best of their abilities with confidence whilst also working on and taking into consideration your mindset and overall wellbeing. We can work as a team to reach your goals.

SPECIALITY AREAS

- Elite Athlete
- Level 3 personal Trainer
- Level 2 Gym Instructor
- Level 3 Diploma in Sporting Excellence
- Current BSc PE, Sport & Health student

Please contact me on: s.bewry@uea.ac.uk or 01603 593865.

Josh De Monte



ABOUT ME:

I'm a sports student and personal trainer at the UEA Sportspark. I began my journey personal training and assisting clients over 3 years ago, and I have loved every second of it. My mission is to get people fit and healthy, primarily through the disciplines of gym-based training and calisthenics. Whether you want to lose a few pounds, bulk up in muscle, or even learn some awesome skills, I will facilitate your journey. My introduction to the health and fitness world was over 5 years ago with calisthenics, a form of person training focused on teaching you to master lifting your own bodyweight using minimal equipment. Now I am here to share what I have learnt!

SPECIALITY AREAS:

- Level 3 Personal Trainer
- Level 2 Gym Instructor

Please contact me via j.de-monte@uea.ac.uk.