



Iain Kermode BA. Hons

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.



Sarah Daynes

I hold a BSc (Hons) in Sports Science and Management and an MRes in Sport and Leisure Management. When I began working in leisure management in 2015, I noticed a lack of inclusive fitness spaces and trainers in Norfolk. This inspired me to become a qualified personal trainer in 2017, and I've since completed additional training to specialise in inclusive fitness.

My focus is on functional fitness, helping clients maintain or enhance their everyday wellbeing through tailored exercise programs.

SPECIALITY AREAS

- Level 3 Exercise for Clients with Disabilities
- Level 3 Adapting Exercise for Independently Active, Older People
- Level 3 Exercise Referral
- Level 3 Adapting Exercise for Ante Natal and Post Natal Clients

To book an appointment or ask further questions, please email Sarah: sarah.medler@uea.ac.uk



Rae Goodacre

I have been interested in Fitness since a young age, I began wanting to become a personal trainer/coach at 14, ever since I joined the gym. My passion for coaching came from finding my own confidence in training, I want to help create the same for others. I have been training for 10 years now. Starting from functional fitness along side football and then transitioning into CrossFit/Hyrox.

I want to create a safe comfortable place for anyone to train in. My aim is to inspire, motivate and support clients on their journey to consistency, sustainable habits, and celebrating every achievement on the way.

SPECIALITY AREAS

- Body confidence
- Weightlifting
- CrossFit/Hyrox

Please contact me on: rae.goodacre@uea.ac.uk

Adam Todd



I've been a Personal Trainer since 2017 and a Strength & Conditioning coach since 2018. With a lifelong sporting background, my passion for training grew from wanting to improve my own performance—and now I use that knowledge to help others reach their full potential. I pride myself on delivering excellent customer care and creating programmes that are both fun and effective, ensuring steady progress toward your goals. While I aspire to work full-time as a Strength & Conditioning coach, I already enjoy supporting athletes who want to improve their speed, strength, and power. My experience across the industry means I can work with anyone, at any level, and help them achieve their fitness ambitions.

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



Unlock your potential. I'm an experienced personal trainer with thousands of hours coaching hundreds of clients. Whether your goal is weight loss, muscle gain, athletic performance, or simply feeling more confident in the gym, I can help you get there. Although I've been involved in sport and bodybuilding most of my life, I also experienced depression and addiction in my 20s, which left me unfit, unhealthy, and obese. Overcoming that journey allows me to relate to both seasoned gym-goers and beginners starting out. I offer personal training, tailored programmes, nutrition and meal planning, plus full online, message, and phone support to keep you on track.

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



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.



Aaron Manio (ANutr) BSc Hons

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.



Josh De Monte

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.



Tyree Poll-White

It's all in the name—Personal Trainer. My focus is on creating tailored programmes that help you reach your goals while building confidence in the gym. I put a strong emphasis on teaching correct form and full range of motion, so you get the maximum benefit from every session. Training with me will be both challenging and fun. I like to introduce new exercises that keep things fresh and push your boundaries—you'll be surprised at what you're 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.



Conni Arnold

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

With over six years' experience in the sport and fitness industry, I'm passionate about helping people achieve their goals in a way that feels enjoyable and sustainable. I believe the gym is a place where everyone belongs, and I'll support you in building confidence—whether that's in your technique, using equipment, or simply in yourself. I know from personal experience how challenging starting out can be. When I began my own journey, I was very overweight, so I understand the determination and consistency it takes to succeed. My role is to make that process easier for you. Whether your goals are weight loss, building muscle and strength, or improving general fitness, I'll create workouts that are fun, varied, and tailored to your needs.

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.



Reece Stimpson

Making exercise enjoyable is my goal! I'm an enthusiastic Personal Trainer with years of experience working with clients of all abilities. I love keeping sessions fresh, varied, and engaging—helping you stay motivated and on track toward your goals.

I adapt my coaching style to suit each individual, ensuring your workouts are not only effective but also fun and rewarding.

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.





Daisy Mattless

Growing up as a competitive swimmer taught me the importance of consistency, mindset, and the role wellbeing plays in achieving success—not just in sport, but in all areas of life. I see training as a journey of building both mental and physical strength, embracing the process, and progressing at your own pace. I approach every session with a calm, present mindset, helping you grow in confidence while enjoying the journey.

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

As a Physiotherapy student, I'm passionate about fitness and wellbeing. Whether you're recovering from injury, striving for elite performance, or just starting out, I'll help you reach your goals through positive, fun, and challenging training. My aim is to build your confidence, boost your motivation, and support you in becoming the best version of yourself. I pride myself on adapting to your needs and making every session engaging, effective, and results-driven.

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.



Alastair Baggiony-Taylor

I started my fitness journey feeling apprehensive about training alone and avoiding free-weight areas, but I've grown into an experienced multi-sport coach—working in youth team sport, swim teaching, and strength & conditioning for sub-elite athletes. Having graduated after four years at university, I understand the pressures of academic life, time constraints, and lifestyle habits that come with it. Using this experience and my own training philosophy, I aim to optimise your fitness around busy schedules, helping you achieve your goals—sporting or personal—while promoting body positivity and balance. I'm always seeking new challenges to expand my knowledge and push both myself and my clients to achieve more than they thought possible.

SPECIALITY AREAS

- Mindfulness, Wellness, & Healthy Living
- Strength and Conditioning
- Exercise for Performance
- Level 3 Personal Trainer
- Level 2 Gym Instructor

To book an appointment or ask further questions, please email: A.Baggiony-Taylor@uea.ac.uk

Nada Sayed Ahmed



As a Physiotherapy Student, keeping fit and healthy is an important aspect Fitness has always been a huge part of my life, and my goal is to help others build confidence and strength in and out of the gym. As a qualified personal trainer, I focus on making fitness accessible, enjoyable, and tailored to your individual needs. Whether you want to lose weight, gain muscle, boost endurance, or simply feel better in your body, I'll be there to guide and support you every step of the way.

With a background in sports development and martial arts, I understand the dedication and mindset needed to achieve long-term results. My approach is all about creating fun, structured, and effective workouts that keep you motivated while pushing you toward your goals

SPECIALITY AREAS:

- Level 3 Personal Trainer
- Level 2 Gym Instructor
- BSc Sports Development

To arrange an appointment or for further information, please contact Nada:

n.sayed-ahmed@uea.ac.uk

Alice Rissen



Hi, I'm Alice - a personal trainer who has been lifting weights for over 5 years. I am passionate about encouraging women to lift weights and discover the confidence and strength it brings. My approach is adaptable and professional, with a focus on proper technique and commitment to steady, sustainable progress.

I've trained people of mixed abilities, offering tailored guidance and support. If you want a trainer with attention to detail and genuine encouragement, I'd love to work with you.

SPECIALITY AREAS:

- Level 3 Personal Trainer
- Level 2 Gym Instructor
- Les Mills cycle - RPM
- Mental Health First Aider

To arrange an appointment or for further information, please contact Alice:

a.rissen@uea.ac.uk