

Colin Harris

Personal Trainer



About me

I am a former International athlete at two sports for over twenty years. My sporting background has given me the opportunity to share my knowledge, skill and experience to all standards up to International level. I certified with National Academy of Sports Medicine which allowed me to work with GB Tennis Centre at Loughborough University for five years. I currently work with many sportsmen & women and also thoroughly enjoy helping those with aches & pains using Corrective Exercise Training programme. I love to smile, laugh and instil happiness to all

Qualifications

- NASM International Personal Trainer Certification Level 3
- ITEC Massage Therapist
- UK Athletics Level 2 Club Coach
- Strength & Conditioning Coach

Contact me

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