

Harry Wade

Personal Trainer



About me

I am an enthusiastic, positive person who is comfortable training people of all abilities and experience levels.

Running a wide range of classes here at the gym has helped me progress as a trainer massively and I take pride in continuously expanding my knowledge both within the centre and in other training environments.

This allows me to tailor programmes to fit each individual's needs whilst helping them to achieve their own goals.

Numerous years participating in various sporting clubs growing up, and success within these, has fuelled my ambition in working in the health and fitness industry.

Qualifications

- Level 3 personal training and nutrition
- Spin instructor
- Level 2 fitness instructing
- Level 2 instructing adolescents in exercise

Specialities

- Weight loss and toning
- Strength and power training
- Core conditioning
- Outdoor training
- Instructing Adolescents

Contact me

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