

Hayden Freeman

Personal Trainer



About me

I am a motivated, enthusiastic instructor and trainer that loves seeing results. I am very passionate about my fitness and I am always researching to expand my knowledge in the industry. One of the many aspects in fitness is group training, and I take classes such as keiser spin, aqua

Qualifications

- Level 3 personal training and nutrition.
- Spin instructor
- Subsidiary diploma in sport and exercise sciences.
- Level 2 circuit trainer.

Specialities

- Weight loss and toning
- Strength and power training
- Core coaching
- Nutritional advice
- Core conditioning

Contact me

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