

FFION

MEMBERSHIP QUERIES
NEW MEMBER INDUCTIONS
MUSCLE BUILDING
FEMALE SPECIFIC STRENGTH
TRAINING
GOAL DRIVEN PROGRAMMES



MEMBERSHIP SALES
MANAGER



Ffion is our Membership Sales Manager. Ffion can assist with any queries regarding membership, including guest passes, referrals and inductions. Ffion is also a qualified personal trainer who can assist with any of your fitness related goals, no matter what your experience. From muscle building via strength training, to endurance training and dancing, Ffion's extensive experience in a variety of training methods can help you reach your goals!



Active IQ Level 2 Gym Instructor
Active IQ Level 3 Personal Trainer
REPS Accredited Award in Group
Indoor Cycling

Circuits Instructor
HIIT Instructor
Active IQ Certificate in Sports Nutrition
Fully First Aid Qualified