

NATALIE

WEIGHT TRAINING
BODY TRANSFORMATION
WELLBEING
CORE TRAINING
STABILITY & MOBILITY
TRAINING FOR AN EVENT
BODY CONFIDENCE



QUALIFIED DANCE
INSTRUCTOR



With a background in Psychology, Natalie is very keen on developing your confidence and self-esteem as well as helping you sculpt a healthier, fitter body. Having completed a number of varied charity events herself, she loves finding new ways to push you past your comfort zone! That could be anything from lifting heavier, becoming more flexible, completing a mud run, Half Marathon or climbing Ben Nevis.



- Level 3 Personal Trainer
- Level 2 Fitness Instructor
- BSc Psychology
- Accredited Mundo Dance Instructor
- Cycle Training
- Pump Training
- Exercise to Music
- First Aid Qualification