

FITNESS INSTRUCTOR Celine McNally

Utilising my broad personal training experience, I can offer you tailored programs that will support your individual fitness needs and aspirations. By encouraging and engaging you throughout our sessions, I will help you stay on track to reach your personal fitness and wellbeing goals. I understand the importance of developing a synergy between your mind and body to improve your mental and physical wellbeing and better your overall health and quality of life. We can achieve this together when you choose to train with me.

SPECIALTIES

- Mobility and Flexibility
- Fat Loss
- Strength Training
- Women's Wellbeing
- Body Confidence
- Circuit Training
- Dance Fitness

QUALIFICATIONS

- Level 2 Fitness Instructor
- Level 3 Personal Trainer
- CIMSPA Member

 celine@yclub.org.uk

