



Exercise Specialist

Tricia is an energetic and inspiring trainer with a thoroughly active background and an obvious excitement for exercise and sports. Giving up a successful telecoms business created over 20 years Tricia retrained as a Personal Trainer and is working towards becoming one of the most highly qualified trainers in the industry. A qualified swim teacher and studio instructor Tricia has worked with many different clients of all ages and backgrounds achieving outstanding results in all areas of fitness and conditioning. With a personal passion for triathlons and marathons Tricia is inspired by working towards a specific goal, be it weight loss, the ability to do something simple more easily or go all out and sign up to a specific sporting event!



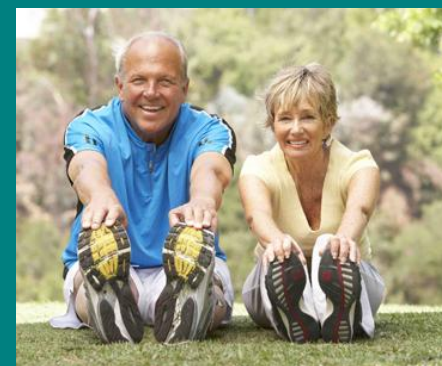
HYDRO TRAINING

Our natural affiliation for water combined with its natural resistance and support make training in water a comfortable and reassuring environment for many people as well as those who do not share our enthusiasm for gym based exercise. Well suited to the all fitness levels, people suffering from injuries and health related problems to post operative rehabilitation the pool is a unique and effective place for One 2 One training. Clients will also see results for weight loss, general conditioning and posture from training in the pool.



FITNESS TRAINING / WEIGHT LOSS

Whether you are training for an specific goal, your first fun run or competitive event or have a weight loss target you **NEED A PLAN!**. A combination of proven training systems, the correct diet and with the experience of a specialised training coach you cannot fail!



50+ TRAINING

Recognising that not everybody has the sporting background that I have enjoyed and realising that people often feel that their better years are behind them gives me the challenge that I thrive on and is one of the main reasons I became a Personal Trainer. It is never too late, my clients that fall into this category enjoy life changing results. Whatever your goal, understanding your start point is just the beginning, the rest we will achieve together.

HOURS

M
T
W
T
F
SAT

Working hours may change from time to time.

Tricia Cranwell

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TO BOOK A FREE SESSION
CONTACT TRICIA OR
LEAVE YOUR DETAILS WITH
RECEPTION.



COUNTRY CLUB
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