

SAY HI TO JACK!

Hi, my name is Jack and I am a fully qualified PT and gym instructor now working at Fairlawns.

I will be teaching classes, helping out around the gym, creating programmes for members and offering Personal Training sessions.

My fitness journey started when I was 12, I wasn't happy with my body, so I joined a boxing club and have had a fair few PT sessions over the years. By turning up and with hard work I quickly fell in love with exercise. Personal training not only helped me get to where I wanted to be physically, but they also had a massively positive effect on my mental health too.

The reason why I have mentioned all this is to show you I have been there and I have a full understanding of what it is like to be unhappy - either with your body or mind. Everyone starts somewhere, either as a total beginner or at a new goal, but with consistency and hard work you will get to where you want to be (but a little help from me and the other Gym Instructors here at Fairlawns may make it easier)

With that being said, if you see me behind the desk or around the gym floor feel free to say hi and ask me any questions because I want to help as many people as possible achieve a better physical and mental state.

Thanks for reading and I hope to see you around!



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