

SAY HI TO OLIVIA!

Hi, my name Olivia and I am a fully qualified gym instructor and soon to be PT.

I will be teaching classes, helping out around the gym and creating programmes for members

Fitness is my passion - in my personal time I train in the gym, rock climb and go on various hikes. I have an interest in studying menopausal fitness and wellbeing and would love to help women out in this area if they need advise.

Feel free to come and see me if you have any questions, want a chat or have something you're struggling with - I hope to see you around!



FAIRLAWNS