

Noel's introduction

Hi, I'm Noel and I'm excited to be a part of the Fairlawns Health Club team. I am a qualified personal trainer with a passion for helping people feel confident and enjoy their time in the gym - yes, it's possible! I've got a strong background in fitness and an interest in martial arts.

Whether you're just starting out or looking to push yourself to the next level, I will always be here to assist you with tailored workout routines and motivation. I'll always have you covered with solid training advice.

You will often see me around the gym - don't be afraid to say hi! Worst case, you'll walk away with sore legs and a better squat. I have a habit of turning quick chats into full workouts.

I am looking forward to helping you reach your goals and making every session count.

See you on the gym floor!