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| **Name:** | Garry Campbell |
| **Position:** | Fitness Instructor / Swim Teacher |
| **Bio:** | I am a Fitness Instructor at 4FIT Leisure at the Four Seasons Hotel in Carlingford. I studied at the House of sport Belfast, after completing my course I went on and further developed my skills in the leisure industry. I really enjoy working in the leisure environment and interacting with members and gym users, this gives me a sense of pride and achievement when helping someone achieve their fitness goals. Fitness is my way of life, this is my working environment. I also coaching at my local football team and also swimming club. I work extremely hard in the process of helping gym users achieve their fitness goals and to make 4FIT leisure a warm friendly environment to work out in |
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| **Name:** | Ciaran Clarke |
| **Position:** | Fitness Instructor / Swim Teacher |
| **Bio:** | I am a Fitness Instructor at 4FIT Leisure at the Four Seasons Hotel in Carlingford. I studied at the National Training Centre (NTC) which inspired me to push for a career in this industry. I eat, sleep and breathe health and fitness. Health and fitness has formed the foundation of my social, academic and working life for as long as I can remember. From personal trainer to playing football I have continued to evolve my method of training and lifestyle advice. I have a real passion for training and it`s probably my most important trait. I believe in what I do and I work extremely hard in order for my clients to come out of this process happier, more confident, healthier and more importantly with the physique they want! |
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| **Name:** | Paul-James (PJ) Malone |
| **Position:** | Fitness Instructor |
| **Bio:** | I am a Fitness Instructor at 4FIT Leisure at the Four Seasons Hotel in Carlingford. I studied at the Southern Regional College in Newry (SRC). On completion of my fitness course I gained more knowledge and understating of the fitness and Leisure industry and decided it was something I would like to pursue as a profession. When I am not working the majority of my free time is spent working out, reading health related magazines or watching health related videos in order to try and gain more knowledge. Working in the health and fitness industry has made me more aware of how important it is to stay active and I look forward to passing that information and message onto our members or anyone else who comes into our facilities. |
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| **Name:** | Therese Lamph |
| **Position:** | Fitness Instructor |
| **Bio:** | I am a Fitness Instructor at 4FIT Leisure at the Four Seasons Hotel in Carlingford. I am currently in my final year in Dundalk Institute of Technology studying: BSc (hons) in Health and physical activity. I have a keen interest in health; well-being and preventing/treating chronic illness through physical activity and nutrition. I like to keep myself fit with regular gym sessions and spinning class; I also enjoy resistance exercise. As a personal trainer my aim is to promote health and well-being throughout the community and help others to meet their exercise and health goals. |
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| **Name:** | Gerry Malone |
| **Position:** | Fitness Instructor |
| **Bio:** | I am a Fitness Instructor at 4FIT Leisure at the Four Seasons Hotel in Carlingford. I studied at DKIT for four years and graduated with a level 8 Honours Degree in Sport, Exercise and Enterprise Studies. During my four years I completed numerous modules which are associated with working in the Fitness industry such as Exercise and Health Studies, Nutrition, and Sports Management. I have a massive interest in the fitness industry and it’s something I have always wanted to be involved in for both work and leisure. I’m a real people person and a regular gym goer here at 4Fit Leisure. I’m also a huge lover of GAA and play for my local team Cooley Kickhams. Being involved with GAA has helped me gain a vast level of knowledge for not only GAA related exercises routines, but also the various different routines that are available when it comes to eating right, preparing and stretching appropriately before sessions, and also the affective methods that are essential for recovery of both the body and the mind. |
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| **Name:** | Aoife Traynor |
| **Position:** | Fitness Instructor |
| **Bio:** | I am a Fitness Instructor at 4FIT Leisure at the Four Seasons Hotel in Carlingford. I am currently studying Health and Physical Activity in DKIT. Throughout my 3 years of studying Health and Physical Activity I have gained the knowledge and qualifications necessary to pursue a career in the field of Fitness which is where I want to be in years to come. I’m a footballer for the Senior Cooley Ladies and I also coach underage girl’s teams. I’m also an Irish Dance teacher. These are ways that I try to keep fit and healthy during my free time. I’m very passionate when it comes to coaching as it allows me to pass on my knowledge and passion for fitness to others. I thrive to make people happy and that’s why I love working in the field of health and fitness as it enables me to help others be the best they can be and feel healthier and happier. |

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| **Name:** | Valerie McBride |
| **Position:** | Fitness Instructor |
| **Bio:** | I am a Gym/Fitness Instructor at 4FIT Leisure at the Four Seasons Hotel in Carlingford. I studied at Dundalk Institute of Technology (DKIT). I always had a great interest in fitness so for me I knew this is what I wanted to do. I think it is vitally important for everyone to keep fit and active for their health. I also encourage my children to keep active; through outdoor activities, football, mountain walking and swimming lessons. I feel very much rewarded by encouraging and delivering exercise classes/programs to improve well-being. I have qualifications as a fitness instructor, Pool responder and Gym Instructor. I have completed 9 months’ work experience within 4Fit leisure and am now excited to be part of the fitness team. I have earned a great deal of experience instructing gym based exercise programs and teaching a variety of exercise classes such as spinning, box fit, aqua aerobics and kettle bells. |