

PERSONAL TRAINER PROFILE

Aidan Collins

How do you book me?

Call: 01280 817500

or ask at reception for my details.



My Qualifications

- Level 3 Personal Training
- Advance Personal Training
- Optimal Performance Training
- Postural assessment and corrective exercise
- Mental toughness
- Speed agility and quickness training
- Sports conditioning
- Olympic lifting
- ABA boxing tutor
- VIPR training
- Kettlebells training
- Circuit training

About me

My name is Aidan, I've been working at Swan Pool for over a decade, mainly as a class instructor.

My background is playing and managing football also kung-fu and kick boxing. I qualified as a personal trainer back in 2010 and ever since then I've trained a wide range of people from young to older, including training some up and coming athletes.

I always enjoy watching my clients achieve their goals no matter what it may be, and seeing my clients enjoy exercise and achieving new personal records. The workouts I provide are always designed specifically for you, to your needs and goals.

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I'm regulated by:

The Chartered Institut for the Management of Sport and Physical Activity (CIMSPA) Member number 35366

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