

Scarlett Hardy

PT & Class Instructor

QUALIFICATIONS & EXPERIENCE

- Lvl 2 Fitness Instructor
- Lvl 3 Personal Trainer
- Black Belt in Tae Kwon-Do
- Classes: Studio Cycling, Gym Based Boxing, Metabolic Circuits, Kettlebells, Powerwave, HIITCIRCUIT, HIITSTEP.
- Experience in pushing through physical and psychological barriers, building confidence and self-motivation.

SPORTING & FITNESS BACKGROUND

I've always enjoyed being active! I began with Tae Kwon-Do, Football, Trampolining, Kickboxing, Skateboarding and BMXing. In my younger years I taught/coached Tae Kwon-Do, Football and Netball. I started using Gyms as soon as I was old enough and have always loved the positivity exercise brings. For years I've focused on being versatile with training and learning, so that I can adapt well to different classes and with PT clients. I love hearing other peoples goals and backgrounds so tell me about yourself?!



**EXERCISE IS
ALLOWED
TO BE FUN!**

**CONTACT INFO:
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