



Our
Orium:

GROUP EXERCISE

Charles Agu

Qualifications

HND Fitness, Health & Exercise
Level 2 Fitness Instructor
Level 3 Personal Trainer
Level 3 Sports Massage & Massage
Goal Keeping Level 1
Early Touches

Specialist areas

Strength & Conditioning
HIIT
Resistance Training
Exercise for Children
Exercise in Groups
Fat Loss



About me

I had always had an interest in sport and exercise from an early age, but it was after High School that I realised that pursuing a career in the fitness industry was the right choice.

It started in summer 2013 where my friends at School had planned a holiday that I couldn't attend. As I had just finished School and was looking for something to keep me occupied, so my brother decided to introduce me to the gym, and ever since that day I haven't looked back. The all-round positive impact it had on my life was enough to keep me motivated.

2015 was the year I made a push in the pursuit in my fitness career as I took the first two years out to work. I started off doing a HNC/HND course in Fitness, Health and Exercise, and that gave me a foot hold into the industry.

During my two years at college, it has allowed my passion and enthusiasm to really flourish. It has further developed my understanding of benefits that come with exercise and I'd to pass on my knowledge to my clients.

So if you're looking to lose weight, tone your body, gain strength, gain confidence and get generally fitter, then get in contact and we'll start your fitness journey together.

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your
potential

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