



Our
Oriam:

GROUP EXERCISE

Stuart Nethercote

Qualifications

Level 3 Personal Trainer
Level 2 Fitness Instructor
NCFE Cache Certificate in
Understanding Nutrition and Health
Bachelor of Science (Physics)

Specialist areas

Muscle Gain
Fat Loss
Strength Training
Circuit Training
High Intensity Cardio Training



About me

University can be a struggle. Exams, coursework, commitments, work. It can seem like you are losing control of what truly matters in your life.

I should know, I lived it!

I fully admit I fell into the way of life that seemed right to everyone but me. Go to university, get a degree, get a job. It got to the stage where I wasn't enjoying the way I was living my life, so I decided to make a change. I realised that it is far more important in life to follow your passion than to simply go with what everyone deems right. What is my passion?

Everything fitness, health and nutrition!

Since an early age I was always very active, from the early morning paper rounds to age grade rugby at a regional level. It wasn't until my later high school years however that I was introduced to the gym. Here my passion for fitness truly started to flourish. Not only did it help me improve myself physically, both in aesthetics and sports performance, but also increased my productivity, mental clarity and overall happiness.

So if you are looking to incorporate fitness and wellbeing into your lifestyle, please get in contact and we can begin to achieve your fitness goals together.

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your
potential

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