



Our
Oriam:

GROUP EXERCISE

Tom Scott

Qualifications

REPS Level 2 Fitness Instructor

Specialist areas

Body Confidence
Fat Loss
Circuit Training
Strength Training



About me

I have been with Oriam for over 4 years and in that time I have helped to support many members gain more confidence within the gym environment.

I understand that every member is different with a different set of goals and needs. I pride myself of being able to tailor my training to suit a wide variety of these different health and fitness goals.

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**your
potential**

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