

<b>Gym Instructor</b>	Started part-time at Red Rice Health Club in Andover		
	Part-time Gym Instructor at Bodyworks in Amesbury		
	Full-time Gym Instructor at Springs Health Club in Sunderland		
	Sessional cover Gym Instructor at Ponteland Sports Centre		
	Sessional cover Gym Instructor at Sports Central, University of Northumbria		
<b>Personal Training</b>	A range of PT clients from July 1999 to present time		
	Weekly PT sessions at Freeman Hospital, Newcastle		
	PT sessions for Hargreaves plc staff		
<b>Group Exercise Instructor</b>	Springs Group: Sunderland, South Shields, Low-Fell, Kingston Park	Body Conditioning, Aqua, Step	
	Nissan Sports & Social Club	Circuit Training	
	David Lloyd, Newcastle	Step, Peak Physique	
	Ponteland Sports Centre	Body Conditioning	
	Village Hotel, Newcastle	Aqua, Step, BodyCombat, Pilates, Body conditioning, Circuits	
	Health & Racquet, Sunderland	Spinning, BodyCombat, Bodyconditioning, Aqua, Step	
	BodyZone	Pilates, BodyCombat, Studio Resistance	

<b>Chair Based Exercise</b>	Holy Cross Home, Sunderland		
	Holy Cross Home, Newcastle		
	Springvale Court, Gateshead		
	Ashbrooke Care Home, Sunderland		
	Washington Care Home, Sunderland		
<b>Nordic Walking</b>	Completed the Training Course in Edinburgh in 2014		
	Delivered weekly classes at Gibside National Trust between 2015-2018??		
	Deliver some sessions at Watergate Forest Park in Whickham		
	Do annual NW Masterclass/Workshop at Rising Sun Country Park in Newcastle		
<b>Modern Pilates Classes</b>	Weekly Classes at Whickham Comprehensive		
	Weekly Classes at Pilates NE, Chester-le-Street		
	Weekly Corporate Classes at Proctor & Gamble		
	Weekly Classes at Dunston Activity Centre		
	Community Based Classes at St. Francis's Church, Newcastle		
	Community Based Classes at West Moor Community Centre, Killingworth		

	Community Based Classes at Emmanuel College, Gateshead		
	Community Based Classes at Bill Quay Church/School/Heworth School, Gateshead		
	Online Modern Pilates Class from March 2020-Present time		
<b>Fitness Training Organisations</b>	Northern Fitness & Education	Started as a Trainee Tutor/ Assessor in 1999. Delivered Gym and Indoor Cycling initially and then progressed to PT and Fitness Testing, Walking, TIDE, Core Stability. Also assessed a range of qualifications, step, aqua, pre/post natal, older adult	Leeds, Halifax, Manchester, Newcastle, Gateshead, Carlisle
	Professional Fitness & Education	NFE changed its name to PFE in 2009 and I delivered the same courses as above with the addition of our own Bootcamp course	Leeds, Halifax, Manchester, Newcastle, Gateshead, Carlisle
	YMCA Fitness Industry Training	PFE was taken over by YMCA FIT. I delivered Gym, PT, Indoor Cycling, Suspension, Kettlebells, Supple Strength, Sculpt, HIIT, Bootcamp, TIDE	Newcastle, Leeds, Manchester, London, RAF Lossiemouth, RAF Leuchars, RAF Anglessey, Scunthorpe, Derby, Liverpool
	NWUK	Delivered the 2 day Instructor course for 1 year approx, venues including Tatton Park, Manchester, Edinburgh, York	Manchester, Edingburgh, Newcastle

	Modern Pilates	Began as an Assessor in 2002 until current time. Got involved delivering A&P on the Matwork course around 2012 and then started delivering the full course in 2014.	Leeds, Manchester, London, Edingburgh, Basingstoke, Watford
	Leeds Beckett University	Delivered the YMCA Awards Level 2 Gym Instructor and Level 3 PT from 2015 to present time	Leeds
	Lifetime Training	Started around 2018 delivering Level 2 FI and Level 3 PT. Also delivered Advanced Fitness Testing and done a lot of assessing	Pinetree, Newcastle Gateshead Leisure Centre Village Hotel, Leeds South Total Fitness, Wilmslow Nuffield Health, Birmingham Total Fitness, Liverpool
	Release Potential	Delivered 2 on-line Level 2 Gym/Level 3 PT at the start of 2021 during the Covid pandemic	Newcastle
	Eclipse Training Associates	Delivered a 16 day Gym/PT Diploma during the Summer of 2018 at Mind/Body & Soul in Newcastle. Active IQ	Newcastle
	Origym Centre of Excellence	Started tutoring and assessing Gym and PT qualifications from 2019 to present time. Awarding body-Innovate	Newcastle
	Leeds Trinity	Did some YMCA Awards assessments in 2016	Leeds
	B-Skill	Marking of Level 2 Nutrition	Newcastle

<b>Bootcamps</b>	Delivered weekly Bootcamps at Paddy Fields, Newcastle		
<b>Specialist areas</b>	Presented Bootcamp session at International Fitness Showcase, Blackpool		
	Healthy Living at Freeman Hospital		
	Fitness Training for Fire Safety Team-Nissan Sports & Social		