



Meet Morgan Rose.....

.....Our Resident Personal Trainer!



I work within the Sports Centre Team and have set up my Personal Training business operating across SBL and Wellsway Sports Centres. I teach a number of Group Exercise classes and have a real passion for teaching and supporting those within fitness and active lifestyles.

I specialise in weight loss having lost 4 and a half stone myself in 2013. I am an advocate of promoting a healthy balanced lifestyle, combining a nutritious diet with exercise. I began Personal Training in 2018 following completion of my Level 3 PT and Nutrition qualification and you will be able to find me soon on the Register of Exercise Professionals.

To find out more about Personal Training with me, follow me on social media or email me on the details below:

Facebook: Morgan Rose Fitness

Email: Morgannrose@hotmail.co.uk

FOR MORE INFORMATION

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