



# KIRSTY O'CONNOR

## Personal Trainer

When I'm not in the gym bouncing around teaching group exercise classes or chatting up a storm on the gym floor, you can find me on the water on my paddle board, climbing a mountain or skiing down it, oh and of course sweating my eyebrows off in a yoga session.

Yes I'm the out doors kind of girl, with a great deal of energy and enthusiasm to match. If it's a challenge or crazy obstacle course then sign me up and I'm bringing you along with me! This is why if your looking for a trainer or coach to motivate you, instil confidence within you and steer you along the right track towards the best health, fitness and strength goals of your life, then your looking at the right person.

Book in with me for a free consultation and ill make sure you leave smiling and excited for the journey ahead. Together there is nothing we can't achieve and I guarantee you'll enjoy your self every step of the way.

I run four-week boot camps, small group coaching sessions and train on a 1:1 basis. My ethos is no nonsense, discreet training. You wont find me all over social media but you will find me hustling in the gym, teaching group exercise and learning as much as I can in order to provide you with the best possible service, ensuring you reach and maintain your personal fitness goals.

For more information on any of the above, to book an Initial Consultation or book some sessions with me then find me on the gym floor, before and after any one of my exciting group exercise classes.

## My Services

- Personal training 1:1
- Boot camps (indoor and outdoor)
- Small Group coaching
- Group exercise, spin, hiit, tabata, core conditioning, stretch and flex.

## My Expertise

WOMANS FITNESS weather this be tailoring exercises goals for peri menopausal woman, or working around specific hormonal cycles, having had my own baby and transformed my own body following this I have first hand experience in woman's fitness and maintaining goals

## Qualifications

- NASM level 3 CPT
- Active iq level 2 certificate in gym instructing
- AFAA Indoor CYCLE INSTRUCTOR
- AFAA GROUP FITNESS INSTRUCTOR
- AFAA WOMANS FITNESS SPECIALIST
- OCNLR level 2 certificate in information advice or guidance

## Contact Me

☎ 0780 7292 202

@kirstyoconnor@icloud.com

📍 Studio3, The Chase Golf and Country Club, ST19 5RN

