



Anna Johnston

Personal Trainer

After working in the corporate industry for six years, I decided to follow my passion for fitness and retrained as a personal trainer. My love of sports, in particular Skiing and Tennis gives me an additional insight into the conditioning needed for these specific disciplines.

As a 'fair weather' surfer, I am also aware of the importance of core strength, balance and mobility, not just in exercise but in everyday life. My approach to training is to set achievable short- and long-term goals, I like to think my clients enjoy their sessions, maybe not at the time, but once they have showered and left the club.

Qualifications:

Premier Global Personal Training & Sports Massage Diploma
REHAB Trainer: Shoulder, Spine, Hip & Knee Specialist
NASM Pre & Post Natal
CYQ Level 3: Strength & Conditioning
Kettlebell, VIPR, TRX & Boxercise