



Barnabe Jolicoeur

Fitness Professional/ Personal Trainer

Barnabe joined the team in 2007 after relocating to Epsom from Mauritius.

As an ex-Olympian Barnabe uses training techniques from his own experiences to motivate and inspire his clients. Whether teaching classes or in personal training sessions, he combines all of the components of fitness to help people progress and achieve their goals.

Barnabe competed in numerous competitions during his time as a professional sprinter, including the Olympics, World Championships, Commonwealth and Francophone Games. He has also coached a number of elite athletes on the international stage.

With the guidance and inspiration of renowned world coaches, Barnabe learnt about motivation, adaptation and is always working to improve his skills. He has brought the same attitude to the Club and applies it to members on a daily basis. Whether they are training for competitive sports or a healthier lifestyle, he always works to their fitness levels.

Barnabe considers himself to be a passionate sports aficionado, and, while track and field is where he belongs, he also enjoys a good game of football (Liverpool being his favourite team), tennis, American football, red bull air race and kite surfing among others. When he is not working, he enjoys writing, discussing geography and history with his kids or travelling with his family.