



Chris Dundas-Willett

Gym Manager Personal Trainer and Golf Performance Specialist

Chris joined the team in 2012 having previously worked as a Personal Trainer for Nuffield Health. As Gym Manager, Chris is responsible for the efficient running of the gym and makes it his priority to uphold high standards and ensure a professional service is offered to members at all times.

As a Personal Trainer, Chris works with a wide range of clients and is accomplished at adapting his training style to meet each individual's needs, goals and experience. To keep his sessions enjoyable and his clients motivated he uses a wide range of traditional and more innovative training techniques, always adding variety to their workouts.

Along with managing the gym and seeing his personal training clients, Chris is also a Professional Golfer and C.H.E.K. qualified 'Golf Performance Specialist'. Having played on various professional golf tours and competed to a high-level, Chris understands the demands the golf swing puts on the body and how it needs to be conditioned to get the most from your game. He offers specialist 'Golf PT' sessions to educated golfers on how to train to improve their performance whilst also staying injury free.

Chris himself is very health conscious and prides himself on leading a healthy and well-balanced lifestyle. He understands there are many different reasons for training and believes that leading a healthy and active life is essential to minimise stress, maintain happiness, health and overall wellbeing.