



NICK BISHOP

Fitness Manager

What's your style?

A friendly but direct approach to exercise, which challenges our members to reach their goals

Profile:

Nick is one of the original team of Fitness Coaches from the opening of the gym in August 2003. He was promoted to Fitness Coordinator in October 2005 and has been the Fitness Manager at the Sports Village since November 2007.

Education:

BSc. (Hons) Sport Science
HND Science (Sport Studies)
GP Exercise Referral Consultant
ISRM Supervisory Management
Level 3 Register of Exercise Professionals

Work Experience:

Nick graduated in 1998 and has had 11 years experience, initially working in a private Personal Training facility. He has also worked for a local authority gym, reaching Senior Instructor level before joining the Sports Village. Nick has progressed through the ranks and now manages the team of Fulltime & Casual Fitness Coaches.

Outside HSV:

Nick has previously completed the Flora London Marathon, in just over 4 hours. He entered the draw for 2007 & 2008 races and is hopeful for 09! Outside of work Nick enjoys running and working out, and raising his young family.

Areas of Expertise:

Core Stability
Endurance training
GP Referral
Exercise correction & technique

NICK POULAKIS

**Senior Health and Fitness Coach/
Personal Trainer**

What's your style?

I am totally committed to helping my clients achieve their full fitness potential



Profile:

Nick became part of the Sports Village team in June 2007 as a full time Health and Fitness coach. His ambition is to continually learn and develop as part of this highly knowledgeable and professional team.

Education:

BSc (Hons) Sport and Exercise Science

ACSM HFI Certified Fitness Instructor

WFI Exercise Referral Consultant

Phase IV Cardiac Rehabilitation Specialist Trainer (BACR)

Level 3 Register of Exercise Professionals

Work Experience:

After graduating from the University of Hertfordshire in 2006 Nick spent a couple of years working as a Fitness Instructor at Health and Fitness clubs in St Albans and Hertford. Nick has been at HSV for 3 years now – progressing to senior instructor level, and has been co-ordinating the medical referral programmes for the last 2 years. He has built up a significant client base over the past few years, and enjoys working with a variety of people. Nick has recently passed his Cardiac Rehabilitation course and is looking forward to establishing the Phase 4 rehabilitation programme.

Outside HSV:

Although always involved in playing or watching sport, Nick enjoys spending time with friends and family and has developed a passion for travelling.

Areas of Expertise:

Weight loss and general fitness

Muscle strength training

Medical referral conditions

Sports specific fitness

Core conditioning

Studio Coordinator/ Personal Trainer **LAURA THOMPSON**



What's your style?

Achieving results in a fun way with a variety in your workout to keep you motivated

Profile:

Laura has been at HSV since January 2004 starting as a Health and Fitness Coach, then was promoted to Studio Coordinator December 2006.

Education:

Diploma in Personal Training & Sports Therapy

Level 2 Instructing Health Related Exercise for Children

CYQ Level 3 Functional Training for the Independent Older Adult

Level 3 Register of Exercise Professionals

Exercise to Music

Pilates, Group Indoor Cycling, Cardio Kick, Step, Aqua fitness

BOSU Integrated Balance Training Foundation Course

Zumba Qualified

Work Experience:

Laura first qualified as a Personal Trainer in 2002 & worked at Old Albanian Rugby Club in St Albans for 2 years then started at the Sports Village in Jan 2004. Having a interest in group exercise over the years Laura has qualified in various classes & loves to teach. Studio Coordinator is the perfect role for her as she likes to have variety in her job.

Outside HSV:

Laura being a bubbly & outgoing person loves to socialise with friends & have a good boogie on the weekends. She also loves to travel, places she has visited include Australia, Brazil, India, Thailand & America. Laura enjoys playing Netball for OA Sevens in St Albans and Falcons in Aylesbury.

Areas of Expertise:

Group Fitness

General Fitness & Weight loss

Improving Muscle Tone

Pilates / Core stability



LORNA CATCHPOLE

Health and Fitness Coach/Personal Trainer

What's your style?

A motivating and varied workout that will be fun and effective for each individual client

Profile:

Lorna has worked at the Sports Village since July 2008, working as a full time Health and Fitness Coach and for the last year a Casual Studio Instructor.

Education:

BSc (Hons) Exercise and Health Science

Level 3 Register of Exercise Professionals

Level 2 Gym Instructor Qualification

Level 2 Exercise to Music Qualification- including Aqua and Spinning

Level 3 IFI Accredited

Work Experience:

Lorna has worked within the fitness industry for 5 years. Whilst at Chichester University Lorna worked as a gym instructor and coordinated the Cardiac Rehabilitation and Diabetes Programme. Over her last 2 years here at the Sports Village she has developed her studio teaching and covers a range of classes from Aerobics to Spinning to Fitball.

Outside HSV:

Lorna is an outgoing friendly person who enjoys keeping fit and socialising with her friends and family in her free time. She has a passion for travelling and has been to Australia, New Zealand, Thailand, Kenya and recently got back from Cross Country Skiing in Norway. She is competing in the London Triathlon in August attempting a 750m swim, 20km bike ride and a 5km run. Lorna has also recently qualified as a Zumba Instructor. Zumba uses Latin rhythms and easy to follow moves to create a one of a kind fitness programme that will blow you away. Look out for classes here at the Sports Village!

Areas of Expertise:

General health and fitness

Exercise to Music

Childhood Obesity/ Kids Fitness

Exercise Programming for Disabled People

Zumba Fitness



PATRICK TURNER

Health and Fitness Coach/Personal Trainer

What's your style?

To create a fun, yet challenging workout that is specific to each client

Profile:

Patrick joined HSV after relocating from Leeds. He graduated from Leeds Metropolitan University and has spent the last 4 years developing his skills in the fitness industry.

Education:

BA (Hons) Physical Education

Level 3 YMCA Certified Personal Trainer (including L3 Nutrition & Weight Management).

Level 3 Advanced Fitness Instructor (REPs Level 3)

Level 3 GP Exercise Referral Consultant

Level 3 CYQ Assessing in the Active Leisure Sector

Level 3 YMCA Certificate in Sports Conditioning

Level 2 IFI Accredited

Boxercise & KickBoxercise Instruction for Personal Training

ASA Assistant Swimming Teacher

Work Experience:

Patrick graduated in 2006 and has spent the last 4 years progressing his career within the health and fitness industry. Starting as a lifeguard, whilst at University, he eventually became a Duty Manager of a local authority leisure centre and also spent his free time working as a freelance Personal Trainer.

Outside HSV:

Patrick is a keen runner and recently completed the Great North Run. He regularly plays football and enjoys keeping fit by playing a variety of sports. Patrick likes to practice what he preaches so spends a lot of his time in the gym. Also a lover of music he likes to spend any free time he has socialising with friends at music festivals and gigs.

Areas of Expertise:

General Fitness & Weight loss

Improving Muscle Tone

Cardiovascular Endurance Training

Advanced Training Methods



ANDY RIX

Health and Fitness Coach/Personal Trainer

What's your style?

Providing first class fitness programmes which are realistic, measurable and specific to each client

Profile:

Andy is the newest full time member of the HSV team with 4 years experience within the industry. He graduated from De Montfort University Bedford in 2006 studying Sports Studies.

Education:

B.A. Sports Studies (Hons)

Level 3 Register of Exercise Professionals

Level 3 Personal Trainer

Level 2 Gym Instruction

Certified YMCA Spinning, Core Toning, Strike and Circuit instructor

Level 1 F.A. Football Coach

Level 1 EHF Hockey Coach

Work Experience:

Since graduating in 2006 Andy has enjoyed his career within the fitness industry utilizing his knowledge and skills to help others achieve their fitness goals. Within his experience he has worked alongside the 'Change For Life Campaign' which in turn has encouraged positive health within his local community. Andy has also created a unique freelance personal training service which he does in his free time.

Outside HSV:

Andy is a keen sportsman who enjoys pursuing all kinds of leisure activities; his passion for sport has been apparent since a young age, playing hockey for U13 Cambridge County team. He enjoys the fitness lifestyle as he teaches a variety of fitness classes and can be seen either personal training or working out in the gym. Just lately Andy completed the London Marathon in a stunning 3 hours 24 minutes for the Essex MEDICS charity.

Areas of Expertise:

Core stability & supple strength

Sport specific fitness

Endurance and stamina training

General fitness & weight loss

Health and Fitness Coach/ Personal Trainer

CHARLOTTE GAUTREY

What's your style?

**Fun and friendly, yet challenging and motivating.
I work with each client to achieve their goals as
quickly and effectively as possible**



Profile:

Charlotte joined the HSV team in January 2008 as a part-time staff member. She is currently studying for her PhD in Sports Therapy at the University of Hertfordshire, and is also working as a part-time technical officer in the sports laboratory at the University.

Education:

First Class BSc (Hons) Sports Therapy
ACSM HFI Certified Fitness Instructor
Level 3 Diploma in Sports Massage Therapy
Level 3 Register of Exercise Professionals
Level 2 Gym Instruction
Level 2 Exercise to Music

Work Experience:

Charlotte has worked part-time in the Health and Fitness industry for 6 years, whilst studying at University. She has also pursued her Sports Therapy career by working as the head masseuse at Luton Town Football Club, and head Sports Therapist for a semi-professional football team.

Outside HSV:

Charlotte enjoys going out with her friends and socialising. When not studying, Charlotte can be seen training hard in the gym to keep fit. Her goal for next year is to train to run the London Marathon in 2010.

Areas of Expertise:

Treatment, management and rehabilitation of sports injuries
Endurance training
Weight loss and general fitness
Muscle strength training

SARAH AVES

Health and Fitness Coach/Personal Trainer

What's your style?

A fun varied workout to keep you motivated and reach your individual goals.



Profile:

Sarah joined the Sports Village in April 2010 as a part time Health and Fitness Coach. With a goal to incorporate personal training and Sports Therapy.

Education:

BSc (Hons) Sports Therapy
Level 1 Football Coaching
Level 1 Basketball Coaching
Level 1 Athletics Coaching
Level 2 Pool Attendant

Work Experience:

Sarah has worked part-time in the Health and Fitness industry for 5 years, whilst studying at University and since graduating. She has also pursued her Sports Therapy career by working for a variety of football teams, and part time for a Sports Injury Clinic. More recently Sarah has started doing casual personal training and children sports coaching.

Outside HSV:

Whilst not at work Sarah enjoys going out with friends, listening and a little bit of dancing to music. She also enjoys keeping fit by running, going to the gym and playing hockey. Sarah has family in Cyprus so relaxes there on holiday.

Areas of Expertise:

Treatment, management and rehabilitation of sports injuries
Exercise prescription for back pain
Assessment of pre-disposing factors to injury
Specific muscle strength
Muscular balance



Keri Unwin

Health and Fitness Coach/Personal Trainer

What's your style?

Motivated to help each individual achieve their full potential through a fun yet effective workout!

Profile:

Keri joined the gym in May 2010 as a part time Health and Fitness Coach after gaining her masters in Sport and Exercise Nutrition at Leeds Metropolitan University, where she hopes to promote optimal nutrition for both health and performance to all members.

Education:

MSc Sport and Exercise Nutrition

BSc (hons) Physical Activity, Exercise and Health

Level 3 Register of Exercise Professionals

Level 2 Gym Instruction

Level 1 Netball Coach

Certified Medicine Ball Training and Advanced Nutrition for Weight Management

Work Experience:

Whilst studying at University Keri worked along side the Change for Life Campaign promoting good health and nutrition within the community, as well as working with elite athletes to optimise nutrition behaviours to maximise performance. Keri also carried out extensive work with the super league rugby team the Leeds Rhinos, assessing energy and nutrient intake in relation to their sporting requirements.

Outside HSV:

Keri is the health and fitness expert writer for a local magazine, where she monitors and motivates participants to achieve their desired weight loss goals. Keri enjoys keeping fit by playing Netball for a local team, training in the gym and jogging outside, where she is currently training for upcoming marathons. Socialising with friends and family is her favourite pastime.

Areas of Expertise:

Nutrition for Health and Performance

Obesity management

Weight loss and General Fitness

Improving muscular tone

Health and Fitness Coach/Personal Trainer

What's your style?

Eager to develop and apply knowledge at every opportunity.

AMIE PELL

What's your style?

Offers friendly and professional advice to help people achieve their goals

CLAIR HARVEY-KNOTT

Profile:

Amie joined the HSV team in January 2009 as a part-time member of staff and is currently studying for her Bsc (Hons) in Sports Therapy at the University.

Education:

Currently in her final year of BSc Sports Therapy
ACSM HFI Certified Fitness Instructor
Level 2 Gym Instructor

Work Experience:

Amie has worked in the health and fitness industry for 1 year, whilst studying at university. She also completed an 8 week internship with the University of California Los Angeles (UCLA) sports medicine department last summer.

Outside HSV:

Amie is the captain of University Netball First team and is aspiring for the team to be promoted into the premier league this season. She also enjoys playing squash and badminton.

Areas of Expertise:

Treatment, management and rehabilitation of sports injuries
Weight loss and general fitness

Profile:

Clair joined the HSV team in January 2010 as a part-time member of staff. She has had a huge interest in the Sports Industry for many years and so decided to take a career change and study to become a Personal Trainer.

Education:

Level 3 NASM/PTS Certified Personal Trainer
Level 2 NASM/PTS Health and Fitness Coach
NASM/PTS Pregnancy Specialist
Level 3 Diploma in Massage Therapy

Work Experience:

Clair feels lucky to have joined an experienced and friendly team at the HSV and is constantly gaining useful knowledge.

Outside HSV:

Clair works out in the gym, loves to go out running and enjoys annual Ski holidays. She is also a busy mum who enjoys time with her family and friends.

Areas of Expertise:

General fitness & weight loss
Advising pre and post natal exercises techniques
Twelve years experience in various massage techniques