

PERSONAL TRAINER

Nathan Dale

Health & Fitness Instructor

Personal Information:

As an avid fan of sports, Nathan began his sports journey with playing football in his early years then playing competitive cricket and tennis during his school years. Nathan then began to focus primarily on football which lead to him representing and captaining the Leicestershire and Rutland County team from U16s - U18s. Nathan currently plays semi-professionally for Quorn FC based in Leicestershire.

Nathan initially completed his BTEC National Diploma in Sport at Loughborough College and continued his studies there to achieve his BSc Hons degree in Applied Sports Science. During his time he realised his passion was in improving health and fitness in a gym environment and helping others to achieve the same. Nathan has now successfully completed his Level 2 Fitness Instructing and Level 3 Personal Training qualifications and as a new member of staff at The Pavilion, Nathan brings with him fresh ideas for fitness instructing and personal training.

Experience and Qualifications

- BSc Hons in Applied Sports Science
- Level 3 Personal Trainer
- Level 3 Sports Masseur
- Level 2 Fitness Instructor
- FA Level 1 Football Coach

