

PERSONAL TRAINER

Paul Hipkins

Health & Fitness Instructor

Personal Information:

Paul has a passion for health and fitness. He studied Sports Science at university and has seven years practical experience in the fitness industry. Paul is a well rounded fitness instructor with an excellent knowledge base. Paul is a racket sports enthusiast and enjoys playing Tennis, Squash and Badminton. He is also a keen fell walker and off-road cyclist.

Experience and Qualifications

- BSc Hons – Sports, Health and Exercise Science
- Level 3 Personal Trainer
- Level 3 Exercise Referral
- Level 2 Gym Instructor
- Level 2 Circuit Trainer
- Aqua Aerobics
- Level 1 Basketball Coaching
- First aider

