

Iain Hurton

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- Fitness Instructor
- Personal Trainer
- Swimming Teacher
- Lifeguard

WHEN DID YOU GET BIG INTO FITNESS?

I got into fitness at age 16. I was very unfit and had poor eating habits. My father had recently become more active at that time and had asked me to join him on a bootcamp experience, noticing how unable I was drove me to push harder and better myself.

YOUR FAVOURITE WAY TO EXERCISE?

My favourite way to exercise would be Push and Pull. E.g. Push would entail working on chest, shoulder and triceps muscles and Pull would focus on legs and core.

However, I really enjoy Circuits as it puts me through challenges and makes me want to better my last attempt.

WHY DO YOU LIKE BEING A PERSONAL TRAINER?

Fitness is my passion! The benefits both physically and mentally have really changed my life and to be able to help others with the knowledge that I have gained over the years in order to better themselves is what makes me love doing what I do.

WHY DO YOU LIKE TEACHING PEOPLE HOW TO SWIM?

My parents always brought us swimming as kids, I truly believe it is a necessity to obtain this skill from an early age as it could potentially save a life. Although not all my clients are young kids, the courage to try learning an essential skill at any age is incredible and I find it very rewarding to be able to help them on this journey.