

# IAIN HURTON

- **Fitness Instructor**
- **Personal Trainer**
- **Swimming Teacher**
- **Lifeguard**



## WHY I GOT 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 asked me to join him in going to a bootcamp. I found it very difficult and so, it drove me to always push harder and better myself.

## **MY FAVOURITE WAY TO EXERCISE?**

My favourite way to exercise would be a push/pull training plan. Push exercises involve working on muscles in the chest, shoulders and triceps. Pull would focus on legs and core. That being said, I really enjoy circuit training because it is challenging and makes me want to better my last attempt.

## **WHY I LIKE PERSONAL TRAINING?**

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

## **WHY I LOVE TEACHING 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 to learn an essential skill at any age is incredible and I find it very rewarding to be able to help them on this journey.

## CLIENT REFERENCE

I believe that Iain is a professional, well-prepared trainer with natural charisma, a positive outlook and a growth mindset. The product he delivers to me has responded to any challenge and consistently improved in quality over time.

I have known Iain since he started working in the Castletroy Park Hotel gym in February 2018. As a member of the gym, I found Iain to be well-mannered, friendly and always welcoming in his role behind the desk at the gym.

Iain's classes are an excellent fit for me as they are varied and fun. Iain is very professional and is always there early with class equipment set up ready to greet participants as they arrive. He also has good session plans made but is comfortable to adapt if an extra person turns up or if somebody joins in late.

As a 44 year old who likes to play a game of 5 a side soccer as well as keep fit, Iain's class helps me with my game fitness and also prevent injury by working on core strength and good form with the exercises.

Most importantly the classes represent a positive highlight to my week as there is an excellent atmosphere for class members to bond and have fun. This has been of particular importance in our recent challenging times.

I have enjoyed watching Iain's develop and his classes improve over the last two and a half years. He has grown the brand Hurton Fitness too. It is obvious that Iain loves to keep himself fit and that he is following his passion in his work.

From the beginning it was obvious that Iain has natural charisma is really good doing his demonstrations, but I believe he has added better observation skills as time has gone by to make sure he makes appropriate assessments and corrections in an encouraging manner to participants as we exercise. This to me shows he is not just instructing, there is real teaching happening too.

Another thing I see is that Iain's class is accessible to a diverse group of people. He always makes sure that he can modify if there are any tweaks or injury that anybody in the class is carrying, and also gives modifications on many exercises so that people in the class with different capabilities can perform to their max.

Iain has shown adaptability in face of the challenge of COVID-19 restrictions by organising a class up in the park as restrictions eased always following the appropriate guidelines and providing the relevant sanitary guidelines and equipment.

He has used his network of contacts well to provide different equipment to vary the routines and challenges. When the

challenge of dark evenings came, he was able to source appropriate lighting for the outdoor sessions. When level 5 restrictions came, he was able to set up zoom classes.

In my case, he reached out for IT advice to help him set up and test his zoom classes. I was very impressed how he expressed a genuine gratitude for the support I offered.

I am also of the opinion of seeing Iain in the Castletroy Park gym and pool deliver swim classes to junior groups that he has a natural flair for working with kids.

I have no hesitation in recommending any fitness enthusiast of any ability and age to engage in classes with Iain.

Feel free to give me a ring or reply to this email if you need any follow-up .

Regards,

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