

# pt profile



## James Pace

### Qualifications

- BA App. Sc. Sport and Exercise Science
- REPS Advanced Instructor Level 3
- British Triathlon Level 1 Coach
- VibroTrainer Levels 1 & 2
- NCSR Studio Cycling Certificate
- Paul Chek Swiss Ball Training

With over 10 years experience within the fitness industry both in Australia and the UK, James has inspired a wide range of individuals to achieve their goals. Whether it's weight loss, muscle growth, training for a specific event or just improving your fitness, James will be able to get the most out of your gym experience.

**Keep fit but don't forget, keep it fun!**



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