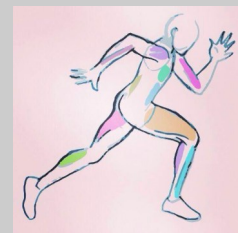


Personal Trainer

Naomi Butterworth

Having danced professionally in several different countries including Spain, India, South Africa and Australia, Naomi naturally incorporates a rhythmic style into her training with clients. Having spent 5 years in Sydney studying fitness and massage, Naomi focuses on improving and strengthening posture, realigning problematic areas and increasing muscular endurance. Naomi believes that dance, yoga and gymnastic styles of training can help benefit everyone in all sports. Naomi is also passionate about the success that massage therapy provides to injury prevention and recovery. She believes that massage is not only for exercise related strains but also vital in aiding stress relief, improving body awareness and allowing more freedom of movement to enjoy life!



Specialist areas of fitness:

- Improving & strengthening posture
- Injury prevention & recovery
- Muscular endurance
- Stress relief

Qualifications:

- BA Hons Dance & Theatre Performance
- Certified Level 3 Personal Trainer
- Diploma in Sports Massage Therapy
- Circuits, Spin & Ballet Barre Instructor