

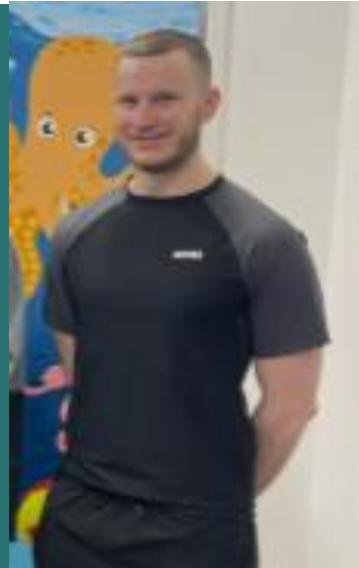
Sam Nugent

How do you book me?

Email: Sam.Nugent@serco.com

Call: **07356 106 252**

or ask at reception for more info.



My Qualifications

Personal Trainer
Level 3

Gym Instructor
Level 2

About me

Hi, I'm Sam — a certified Personal Trainer with 2 years of experience in the fitness industry.

I've worked as a Group Exercise Instructor and in Membership Sales, but my true passion lies in helping people overcome their challenges and reach their personal goals.

Fitness has played a huge role in my own life — after undergoing three knee surgeries, I've been on the journey of rebuilding myself and getting back to playing football, a sport I've loved since I was young. That experience taught me patience, discipline, and the importance of mindset — and it's what drives me to support others who are working through their own struggles.

Whether you're starting from scratch, coming back from an injury, or chasing a new fitness goal, I'm here to help you push past limits and grow in confidence.

Let's take it step by step — and make real, lasting progress together.

My specialties

- General fitness and starting with the basics.
- Resistance Training (weights)
- Strength Improvement & Core Stability
- HIIT & Group Training
- Lean Muscle Building
- Functional Training & Injury prevention
- Injury Recovery & Return To Sport