

# Personal Trainer

## Cathy Mc Court

- Weight Loss & Nutrition
- Resistance Training
- Corrective Posture & Movement
- Pilates
- Core Stability

I have worked in the fitness industry for many years and having studied sports science and nutrition I have an extensive working knowledge of how the body functions. I currently compete as an athlete at international level having recently competed at both the European and World Mountain running championships.

Qualified Level 3 personal trainer and weight loss circuits' coach.

**Guaranteed results 07813941913**

