



Simon Lacey

Simon has been a Fitness Consultant since 2010, initially training clients and running fitness classes along a full time job. After 6 months he made the leap to becoming full time due the success of his business.

Simon started off as a mobile consultant, training clients in their homes and at work as well as taking a variety of classes in gyms and various other venues. Over time Simon has hosted classes in Circuits, Spin, Boxing style, HIIT, as well as teaching the branded classes from Beachbody Insanity and PiYO.

Personal Training wise Simon has trained a wide range of people, International Clients that fly in each summer for training to more local clients with different goals, from weight loss, total body and lifestyle transformation, to Ironman, Swim Challenges and Marathons.

Simon constantly is looking to keep his knowledge up to date and advancing his skills is currently undergoing a PT mentor certification as well as nutritional qualifications