



James Campbell

Credentials

Bachelor of Sport and Leisure Studies
Level 1 Squash Coaching

Key Programming Interests

James has a passion for helping people reach their health and fitness goals. He believes that with the right guidance and motivation anyone can reach their full potential.

James feels that being healthy and active should be fun and rewarding but at the same time challenging. This assists the individuals he trains to not only change physically but to also become driven and self-motivated.