

# Sarah Footitt

## Credentials

Bachelor of Science - Human Biology & Sports Science  
AIF - Certificate in Gym Instruction  
AIF - Certificate in Personal Training

## Key Programming Interests

General Fitness  
Muscle Toning  
Introduction to Weight Training

Sarah is patient, friendly and wants to help you achieve your goals whatever they may be. From first programmes and maintaining fitness to more advanced exercises - Sarah strongly believes that it's all about enjoying exercise and she will help you do just that.