



Meet Megan Corkhill.....Our Resident Personal Trainer!



I aim to instill confidence through fitness, nutrition and whole person health. I understand the journey needed to build your fitness and place great emphasis on making this fun, sustainable and achievable.

As a highly qualified level 3 personal trainer, I cover the Longwell Green, Bristol and Bath area with fitness classes, 1-1 and group personal training. I love helping people on their journey to create a healthier and happier lifestyle – not only for themselves, but for their families too.

My personal journey has involved a career change from a sedentary office worker and a 2.5 stone weight loss to successfully completing half marathons, marathons, Tough Mudders, a sub 24 hour 3 Peak Challenge and a solo skydive.

Qualified in weight loss, nutrition, core, Boxercise, kettlebells, pre and post-natal, GP referral and circuit training to name just a few, I am currently studying level 4 lower back pain module.

To find out more about my services, please get in touch or give me a follow on social media on the details below:

Facebook: Flourish Fit Personal Training

Instagram: @flourishfitpt

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FOR MORE INFORMATION

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