



# ANDY CRADICK

Fitness & Wellbeing  
supervisor

Personal trainer

## PROFILE

*The best part of my job is seeing people grow in confidence in whatever they do. My aim is to help my clients develop a strong sense of self-belief, better understanding of techniques, and nutritional knowledge. I want to help you develop a positive relationship with healthy living, so that you can relieve stress and improve overall well-being.*

## CONTACT

**Email:** Fitness-supervisor  
@st-mellion.co.uk

## A FACE TO THE NAME



## EXPERTISE

*Weight management*

*Strength & conditioning*

*Bespoke training plans*

*Sports specific training*

## QUALIFICATIONS

*Bsc (Hons) Exercise Science*

*Personal Training L3*

*Exercise Referral L3*

*Sports coach L2*

*FA L1*



# STEVE PLATT

Personal Trainer

Class instructor

## PROFILE

*I am a highly qualified Personal Trainer, IQA Teacher Trainer and Assessor and Kettlebell Instructor with over 20 year's experience. I am adept at creating a positive environment in which clients of all ages and abilities can successfully achieve their health and fitness goals. My sessions are engaging, adaptable and full of variety. I bring energy and enthusiasm every day and will not shy away from helping clients test their limits!*

## CONTACT

**Email:** Fitness  
@st-mellion.co.uk

## A FACE TO THE NAME



## EXPERTISE

*Sports conditioning*

*Strength training*

*Kettlebells*

*Bootcamps*

## QUALIFICATIONS

*Personal trainer L2 & L3*

*Sports conditioning*

*Kettlebell Instructor*

*Circuits*

*Spinning*



# MARK NYIKA

Personal Trainer

Class Instructor

## PROFILE

In brief, my aspirations are to ameliorate individuals physical and psychological health. My job will allow me to do this by manipulating my client's programmes, micronutrients, and concurrently utilising my expertise in biomechanics. Additionally, my aim as a coach is to invigorate my clients grasp on physical exercise enabling them in being more confident, healthier, and fulfilled.

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## A FACE TO THE NAME



## EXPERTISE

*Nutrition*

*Biomechanics*

*Strength & conditioning*

*Customised training plans*

*Sports specific training*

## QUALIFICATIONS

*Bsc (Hons) Sports coaching and fitness*

*Degree in Sports coaching and exercise science*

*Fitness instructor L2*

*Personal Trainer L3*