

Emily Keen

Gym Manager

Qualifications

- MSc Sport & Health Sciences
- BSc Hons Health, Exercise & Physical Activity
- L3 Pre & Post Natal Exercise
- L3 Personal Trainer
- L3 GP Exercise Referral
- L2 Gym Instructor
- L2 Aqua Aerobics
- L2 Physical Activity with Children Instructor
- Studio Cycle Instructor
- Strength and Conditioning with Kettlebells
- Leadership in Running

Areas of Specialism

- Cardiovascular Fitness
- Running
- Interval Training
- General health and wellbeing
- Toning & Weight Loss
- Flexibility
- Endurance Training
- Core development
- Heart conditions, stroke, cancer, back pain, osteoporosis, and diabetes



About Me

I am the current gym manager and one of the onsite personal trainers. I am a bubbly, smiley individual who is passionate about the health and wellbeing of others, and incorporate enjoyment and fun into all my programs.

I thrive on the successes of others, and enjoy watching you achieve your goals. I combine my theoretical knowledge from a vast study of academia with new, exciting techniques to help challenge your mind and body.

Outside of work I enjoy competing in long distance races such as, 10K's and half marathons, as well as using the gym and classes.

On my days off I'll either have my nose in a good book, be watching a Disney classic or be found hunting for new shoes. I love to dance and enjoy the odd night out with friends and family.