

Kayleigh Coote Lehane

Gym Instructor



About me:

Since a young age, I've been passionate about sports, playing and competing in football, rugby, ice hockey, jiu-jitsu, cross-country running, and more. It's safe to say that staying active and maintaining a healthy lifestyle are at the core of who I am.

I take pride in my ability to motivate others to achieve their fitness goals, always putting their health and happiness first. Whether it's offering a friendly chat, sharing a smile or helping someone feel their best—whether gym-related or not—I'm always ready to lend a hand and share my passion with others.

In my spare time, you'll typically find me at the gym, hanging out with friends, on the rugby pitch, or watching the game from the comfort of my living room!

Qualifications

- Level 2 Fitness Instructor
- Level 3 Personal Trainer
- Studio Cycling Instructor
- Circuit Instructor
- Kettlebell Instructor

Specializing In

- Beginners Fitness
- Weight loss
- Spinning
- Circuits