



ALISON GRANT

Personal Trainer

CONTACT

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QUALIFICATIONS

- Level 3 Personal Training
- Level 2 Gym Instructor
- Level 3 Coaching for Strength and Power
- Level 2 Nutrition
- BA hons in Sport and Psychology
- Emergency First Aid at Work



About Me

My passion is to educate, motivate and inspire people to become the best version of themselves. I take a very person centered approach with my coaching so your needs are at the forefront. Whether it's a listening ear, a kick in motivated, nutritional support, a refined training strategy, or anything else in between, I'll be cheering you on every step of the way. I can help you gain confidence, develop a healthy relationship with food and your body, and find happiness in health and fitness for lifelong results.

My love for health and fitness started as a young dancer and gymnast, competing at many international and national events. Now, I love combining a variety of exercise methods such as weight training, functional sessions, running and dancing to keep it enjoyable.

Specialities

- Weight loss and body recomposition
- Functional Fitness
- Dance fitness