

# Personal Training at Sandy Sports Centre



## Max O'Keefe Personal Trainer/ Duty Manager

**D.O.B:** 21.03.1990  
**Joined SLL:** September 2007  
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### Personal Statement

I am a Duty Manager at Sandy Sports Centre, and have been working for Stevenage Leisure since 2007. I run a number of Circuit classes per week, I also take pride in my own workout sessions and usually train 5 days a week, including organising & playing football once a week here on Sandy's Astroturf Pitch.

### Personal Interests & Specialized Areas

- o Circuits
- o Specific Training

### Finishing words

The aim of all my exercise sessions is that they are fun, energetic, relevant, sometimes tough but always satisfying. I want you to go home tired but happy that you are a little closer to your aspirations. The human body is very good at settling into a comfort zone all too easily so, to get you the best results, we need to be sure it doesn't get the chance!

### Qualifications & Experience

- o Level 2 Fitness Instructor
- o Level 3 Certificate in PT
- o Level 3 Nutrition
- o Award in Health Related Fitness Activities
- o Circuit Training Instructor
- o TRX Experience
- o BTEC National Certificate in Sports
- o Coached for Luton Town/ Dunstable Ladies Football Clubs
- o Played Semi Professionally for 2 Football Clubs
- o Been in the Industry since 2007
- o Sandy Sports Centre Duty Manager
- o REPs Level 2 Registered

