

Name:

Agata Laskowska (Aggie)



Introduction:

Hi there, I am Aggie a qualified gym, fitness instructor, lifeguard and sports massage therapist. Lately I took up another challenge and I am back in college full time, doing a bit of doodling 😊 I am in Motion Leisure Club for over 3 years now so most of you know me on my best and worst behaviour (shouting at you during fitness classes or PT) . Motion Leisure Club is free of hustle and bustle and full of smiling faces, just what you need when you come for your portion of tortures. Your job is to achieve your fitness goal an my job is to make sure to achieve this!

Favourite Motivational phrase:

“You are more capable than you think”

Education:

Health Studies and Personal Training Instructor EFQ Level 4,
Sport and Neuromuscular Therapy EFQ 5
Madd Dog Spinning Instructor

Indoor Cycling Instructor

RIP: 60 Instructor

Aqua Aerobics

Achievements + Professional Development:

Personal Best for half a marathon 1h 36 mins

Plank 15 mins

3rd Place in Grant Thornton team race (with personal best 5k in 19mins 50 secs)

Visual Communications Student and CIT

Favourite Exercise:

Butterflies

Plank – It is a love/hate relation

Favourite Class:

Spinning, LBT