

*Aoife Dineen*

*I have been in the industry for 5 years to date. I have a huge passion for sports and Basketball mainly. I am involved in Basketball since 10 years of age and I have represented Ireland in the European Championships in 2012. I get great satisfaction out of teaching one to one swimming lessons. To be able to teach children and adults such a vital life skill is very rewarding. Currently I love both personal training and teaching a variety of the exercise classes that we have here in Motion Leisure Club. My motto is a simple one:*

*“Hard Work Pays Off”*

### **Eduaction:**

- National Certificate in Exercise and Fitness (NCEF)
- Recreation and Leisure Management (Cork I.T.)
- Irish Water Safety Swim Teacher

### **Achievements:**

- Qualified Spin instructor
- Qualified Holistic masseuse
- Represented Irish Universities Basketball Team

**Favourite exercise:** Squats