

Aggie (Agata) Laskowska

*Since I can remember, I was always very active and played many different sports like volleyball, basketball and hockey. I was in athletic club and running club in my native country, Poland. I came to Ireland in 2004 and since then I have been a gym member. I discovered outdoor activities which have become my passion and a new lifestyle. I love hiking, long distance running, road races, cycling and rollerblading. I qualified as a Personal Trainer and Fitness Instructor in 2011 and have been working in the fitness industry since 2014. I love to motivate my clients and push them to meet their fitness goals but more important to share my passion for fitness and well-being. I am facing my fears and live my life to the fullest... The phrase: **'You are far more capable than you think!'** represents me and what I believe in..*

Education:

- Gym Instructor, Personal Trainer and Fitness Instructor FETC 5
- Sport Massage and Neuromuscular Therapist FETC 5

Achievements + Professional Development:

- Obstacle course and running competitor
- Personal Best:
 - Plank 15 mins
 - 10km run 40 mins
 - 5 km run 19 mins 40 secs
 - Half a Marathon 1h 38 mins
 - 75km on rollerblades under 5h
 - Carrantuohill (Devils Ladder Track) 3h 30 mins
- Qualified Aqua Aerobics
- Qualified Step Aerobics Instructor
- Qualified Pre and Post Natal Instructor
- Qualified Mad Dogg Athletics Spinning Instructor
- Qualified Rip 60 Instructor
- Qualified Lifeguard
- Qualified Occupational First Aider
- Qualified Graphic Designer and Illustrator QQI 5

Favourite exercise: Plank; Dragon Flies; Walking lunges

Favourite class: Spinning; Leg, Bums & Tummies