



Tasha Bamford

Personal Trainer

Qualifications

- Advanced fitness instructor
- Level 3 personal trainer
- Spin instructor
- Certificate in nutrition
- Kettlebell Instructor
- First Aid
- Player and fitness coach of Glentoran Ladies FC



"I have the knowledge, experience and passion to get you to your goals"

Ready to make the first step towards achieving your goals?

Contact me for your free 30 min session & no obligation consultation.

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