

· C O N D I T I O N ·



ED BARTULIS

Coach & Personal Trainer

Get to the choppa
-Arnold Schwarzenegger



07799 696338



ed@conditiongym.com

“

ONLY COMPARE YOURSELF TO YOUR PAST SELF

”

SPECIALISATIONS

- Helping people feel confident in the gym
- Bodybuilding
- Nutrition advice
- Crocs
- Condition's best Wookie impersonator

QUALIFICATIONS

Level 3 in Gym Instructing and Personal

EXPERIENCE

Fitness Trainer

2024 - Present

BIO

I left a prestigious position within the construction industry to follow my passion...helping people like you.

From providing support in tough sessions to helping beginners build confidence in the gym as they venture into bodybuilding for the first time, I'm your man.

You'll see me leading sessions, taking classes, and training my legion of driven small group training clients. Know that when things get tough, the tough train biceps. *

*but don't skip leg day



CHRIS KERSHAW

Head Coach

As I rounded the corner I felt muscular and compact, like corned beef - Dr Rick Dagless



07799 696338



chris@conditiongym.com

“ HAPPINESS IS THE MEANING AND PURPOSE OF LIFE, THE WHOLE AIM, AND THE END OF HUMAN EXISTENCE - ARISTOTLE ”

SPECIALISATIONS

- Training Beginners
- Training Powerlifters
- Good Communication Skills

ENJOYS

Jokes about how short I am
Tortoises
Cats
Strength training and powerlifting

QUALIFICATIONS

Level 3 Personal Trainer
Advanced Kettlebell instructor

EXPERIENCE

Personal Trainer

2006 - Present

Powerlifting Coach

Coached various national and international level powerlifters

FUN FACT

I recorded the first podcast with Native American Black Metal band, Blackbraid.

Together, we'll find the right way to make progress in the clearest terms.

· C O N D I T I O N ·



NIC SHEPHARD

Personal Trainer & Coach

Mines a baby Guinness!



07725893338



Nicshephard@googlemail.com

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HARD WORK BEATS TALENT

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SPECIALISATIONS

- Tailoring to clients of varying fitness levels
- Structured strength, conditioning and performance-based training
- Fat loss & lifestyle change
- Hyrox & half marathons

QUALIFICATIONS

Level 3 Personal Trainer

EXPERIENCE

Personal Trainer

2018 - Present

BIO

After spending 13 years in various corporate office roles, I became a Personal Trainer over seven years ago — and I know first-hand how challenging it can be to prioritise your own health and fitness when life is busy.

That's exactly why I do what I do.

My goal is to help you find balance: to train in a way that fits your lifestyle, supports your goals, and leaves you feeling stronger physically and mentally. I'm a huge believer in using the gym as a tool for confidence, wellbeing, and long-term health — not punishment.

· C O N D I T I O N ·



CLAIRE DEACON

Personal Trainer

I'd tell you a joke about a barbell, but
it's too heavy



07592944330



hello@coachedbyclaire.co.uk

“ I'M NOT ADDICTED TO WEIGHTLIFTING, WE'RE JUST IN A
VERY COMMITTED RELATIONSHIP ”

SPECIALISATIONS

- Functional Fitness
- Olympic Weightlifting

QUALIFICATIONS

**Level 2 British Weightlifting
Coach**

Level 3 Personal Trainer

EXPERIENCE

Weightlifting Coach

Coaching at all levels right up to
nationals

Personal Trainer

2021 - Present

BIO

I use Olympic lifting and strength training to help people become the strongest versions of themselves. I coach everyone—from complete beginners to national-level lifters—and there's no minimum strength required to start.

I love guiding newcomers, but I also bring high-level weightlifting expertise for advanced athletes who want precise tweaks and expert feedback. I coach both in-person and remotely, and my passion is simple: your progress under the right support and encouragement.

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CHLOE LEANNE

**Personal Trainer & Online
Coach**

and why do we fall, Bruce? So that
we can learn to pick ourselves up



[+447368259583](tel:+447368259583)



chloeleanne0212@gmail.com

“

A RELENTLESS WILL TO NEVER GIVE UP

”

SPECIALISATIONS

- Gym Confidence
- Mental Support
- Body Composition
- Hybrid Training
- Muscle Development
- Running Ability
- Maintenance of muscle mass
- Nutrition



EXPERIENCE

Personal Trainer

2023 - Present

QUALIFICATIONS

MSc Sports Exercise & Nutrition - Leeds
Beckett University

BSc Sports Exercise & Science -
Nottingham Trent University

Level 3 Advanced Personal Trainer

Level 2 Gym Instructor

HYROX Level 1 & Foundation

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JOSH HARDY

Personal Trainer & Coach

I helped this old lady and she bought me a churro - Spider-Man



07470828708



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joshhardy.coach

“ **TAKING ACTION IS A SKILL. LET ME SHOW YOU HOW TO
BECOME LIMITLESS** ”

SPECIALISATIONS

- Strength & Muscle Development
- Physical Conditioning
- Fundamental Lifting
- Boxing

QUALIFICATIONS

NZ Level 4 Certificate of Exercise

Precision Nutrition - Nutrition Coach

Precision Nutrition - Sleep, Stress Management & Recovery

EXPERIENCE

Personal Trainer

6 Years 1:1 & Group Fitness Coaching
(8,000+ sessions delivered)

Bodybuilding

Powerlifting

Boxing

Specialist Coach 40+

Demographic

2021 - Present



· C O N D I T I O N ·



RYAN ZOLAKIO

Physiotherapist

✉ theperformancelab3@gmail.com

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MOVEMENT IS MEDICINE

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SPECIALISATIONS

- MSK Injuries
- Sports Injuries
- Return to Sport Training
- Gym & Home Based Rehab
- Desk workers who train

QUALIFICATIONS

Physiotherapy

Manchester Metropolitan University

**Level 3 & 4 VTCT accredited
Sports Massage Therapist**

EXPERIENCE

- NHS
- 7 Year Gym Experience
- Private MSK Sector
- Elite Level Rugby with Sale Sharks
- Level 3 & 4 VTCT accredited Sports Massage Therapist

APPROACH

- Evidence Based
- Hands on
- Active Rehab

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HECTOR MCFADYEN

Personal Trainer

Lifting heavy circles is cheaper than therapy



hectormcfadyen_coaching



hectormcoaching@gmail.com

“ MY GOAL IS ALWAYS TO ENSURE YOU GET STRONGER, LIVE PAIN FREE AND ENJOY YOUR TRAINING ”

SPECIALISATIONS

- Post Injury Training
- Pilates
- Strength Training
- Nutrition Coaching
- Muscle Growth and Fat Loss
- Exercise Referral
Qualified

QUALIFICATIONS

BSc Exercise Health & Nutrition

Level 4 Exercise Referral

Level 3 Pilates Instructor

EXPERIENCE

Fitness Trainer

2017 - Present

Pilates Instructor

2024 - Present

BIO

Not everyone's life needs to revolve around the gym. If you want to live your life on your terms, learn how best to integrate health and fitness into your lifestyle and have fun in the process, then I'd like to help. My goal is always to ensure you get stronger, live pain free and enjoy your training in the most sustainable way possible!



AIMEE KADY

Physiotherapist

Helping you understand your body,
so you can move with confidence



[move_with_aims](#)



movewithaims@gmail.com

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LET'S GET LOOSEY GOOSEY

”

SPECIALISATIONS

- Neurodivergent-affirming care
- Hypermobility Spectrum Disorders
- Fatigue Management
- MSK Conditions
- Postural Assessment & Rehabilitation
- Headaches, Neck & Shoulder pain
- Mobility & Flexibility

QUALIFICATIONS

BSc Neuroscience, 2019

University of Leeds

MSc Physiotherapy, 2022

Leeds Beckett University

I AM HERE TO SUPPORT YOU IF...

- You've experienced a recent injury — or have been ignoring one that can't wait any longer
- You want to take preventative steps when starting a new exercise style/programme
- You'd like to progress your fitness goals with greater awareness of your movement patterns
- You want tailored mobility or movement routines that slot into your daily life

VALUES

- Person-centered
- Holistic
- Empowering
- Inclusive
- Evidence-based
- Compassion

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SHIV O'CONNOR

Personal Trainer & Coach

I have a cunning plan! - Baldrick,
Blackadder



07799 696338



siobhan@conditiongym.com

“

F**K ABOUT AND FIND OUT

”

SPECIALISATIONS

- Olympic Weightlifting
- Functional & Competitive Fitness
- Strength

QUALIFICATIONS

BWL Olympic Lifting Level 2
Coach

Level 3 Personal Trainer

Strength & Mindset Queen

BIO

I've been in a bigger body, I've been in a smaller body and have learnt that none of that matters, enjoying what you're doing will be the thing that keeps you coming back. I started CrossFit 8 years ago not being able to finish the burpees in a warm up, to now, competing in high level CrossFit competition, completing Hyrox' and various endurance events, and showing my clients what their bodies are capable of.

Not everyone wants to compete, I am also well versed in starting from the very bottom and changing my own mindset and now those of my clients from 'I will never be able to do that' to 'I can see how this is possible'. Everything is possible.