



THE HORSE & JOCKEY



# MEET THE TEAM

## Tara Quigley



**Qualifications:**

Bachelor of Business Recreation and Leisure Management, National Certificate in Exercise and Fitness ( NCEF ), Rebook qualifications in Indoor Cycle, Kettlebells, Cardio Kickbox, Step, Pilates, Swim Ireland Swim Instructor

**Specialist Areas:**

Swimming lessons, personalized gym programmes

**Classes:**

Body Conditioning, Step, 20/20/20, B.L.T

## Billy Noble



**Qualifications:**

NCEF, NCEF personal training, NCEF Pilates and corrective exercise, Kettlebells, spinning instructor, assistant swim teacher, MCT trigger point certificate.

**Specialist Areas:**

Muscle Building/Fat Loss, Nutrition, Strength & Conditioning, Group Fitness Training

**Classes:**

Pilates, Indoor cycle, Circuits, HIIT, Kettlebells

## Cillian Hughes



**Qualifications:**

Bachelor of Business Recreation and Sports Management Reebok Indoor Cycle, Lifeguard level 2, Sports massage therapy, Cara disability awareness training

**Specialist Areas:**

Strength and Conditioning, Stretching, disabilities

**Classes:**

HIIT, Step, Exercise to music, Indoor cycle, Aqua, Body Tone

## Jamie McCormack



**Qualifications:**

Image Fitness, Fitness Instructor & Personal Trainer, Spinning, KG Elite Strength & Conditioning Coach, Pilates

**Specialist Areas:**

Programme planning, strength and conditioning, group fitness training

**Classes:**

Pilates, Indoor cycle, Tabata, HIIT, Boxercise, Aqua, Toning

## Evan Hughes



**Qualifications:**

Exercise and Health Studies QQI, National Certificate in Exercise and Fitness (NCEF), Rebook qualification in Fitness Pilates

**Specialist Areas:**

Strength & Conditioning, Weight Loss, Group Fitness Training

**Classes:**

Fitness Pilates, Spin & Tone, Exercise to music, Boxercise

## Aisling Ralph



**Qualifications:**

BA in Exercise and Health Studies, EHFA Fitness Instructor, EHFA group fitness instructor, EHFA personal trainer, Weightlifting Ireland level 1, Profi fitness aqua aerobics, Rebook Kettlebells, martial arts and urban funk

**Specialist Area:**

Weightlifting, strength and conditioning, Crossfit

**Classes:**

Pilates, Step Aerobics, Circuits, HIIT, Tabata, 20/20/20

**BOOKING @ Leisure Centre Reception 0504-33020**

**THE HORSE & JOCKEY HOTEL, CO. TIPPERARY**

**T: +353 (0)504 44192 E: info@horseandjockeyhotel.com**

**3 MONTH MEMBERSHIP €190**  
**Golden Years Members from €140**  
**INCLUDES:** Use of Gym & Strength & Conditioning Area, Unlimited Access To Classes, 21m Pool & Hydrology Areas, Sauna / Steam Room