

Sophie Inglis

Personal Trainer & Fitness Coach

Helping you find a positive relationship with fitness and health empowering you to reach your full potential and embrace a joyful lifestyle. Offering at home, outside or gym based training to work around you, helping you to hit your goals and become your best self!



Functional Fitness

Weight Loss And Management

Antenatal And Post Natal Fitness

Mental Wellness

Women's Health
(Including Cycle Syncing)

Senior Fitness

Flexibility And Mobility

Pilates

Level 2 & 3 in Personal Training
& Gym Instructing

Level 3 Antenatal & Postnatal

Level 4 Nutrition

Bachelors Degree in Performing Arts



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