

Meet Your Personal Fitness Specialists

Sarah Hall:

Sarah grew up playing squash and riding horses competitively. As a lifelong athlete, she had developed a strong understanding of movement and strength. Her training approach is grounded in creating a supportive and empowering environment where clients feel encouraged to step beyond their comfort zones. Sarah is passionate about helping women and older adults build strength, skills, and confidence to embrace lifelong fitness.

Ark Banerjee:

Ark integrates a rehabilitative approach that highlights the interconnectedness of health, medicine, and sport, with a strong emphasis on injury prevention and exercise prescription. His work centre's around leveraging movement and exercise as a positive intervention to address adaptive challenges, restore and enhance musculoskeletal function, and ultimately improve overall quality of life.

Beyond the physical domain, Ark incorporates a psychosocial perspective to foster engagement and resilience across diverse communities in both sport and health. Through research, he seeks to generate meaningful insights that bridge theoretical knowledge with practical application, advancing strategies that not only optimize individual well-being but also strengthen community health.