



Elite Personal Trainer



David Moloney

I have over 10 years experience in the Leisure industry. I started off coaching the local youth soccer team, then became a Fitness Instructor, a Swimming Coach, and since then, a Certified Personal Trainer. I have played many sports at various levels such as Gaelic Football for 12 years, and soccer for 6 years. I also hold a national medal in college soccer. Recently I have taken up triathlons, and my goal is to one day win a race. In early 2008 I represented Team Ireland at the Seni show in London, in the power pit category, Team Ireland won the contest.

Philosophy

I enjoy helping people of all ages and abilities reach their own personal fitness goals. No matter what your current fitness level, with the right motivation, guidance and safe progression its amazing what you can achieve.

Certifications and Education

- NFPT Certified Personal Trainer
- Hour Of Power Instructor
- Fitness 4X4 Instructor
- Diploma In Health, Fitness, and Exercise Advanced Fitness Studies BA Business

Additional Training & Qualifications

- Swim Ireland Swimming Coach
- Swim Ireland Swim Teacher for disabilities
- Reebok Spinning Instructor (ICE)
- Reebok Stability Ball Instructor
- Gaelic Football Coaching Badge
- Soccer Coaching Badge

Client Specialty Focus

- Cardiovascular Training
- Muscular Conditioning
- Weight Loss and toning