



Member of the month

Tina Cooper

She has been here with us at Gymtec Fitness for around 7 months now. During this time she has shown great consistency, enthusiasm and dedication and this mixed with a willingness to learn has enabled her to achieve some fantastic achievements.

At the tender age of 61, her fitness background mainly consisted of cardio based exercise and playing football prior to joining the centre, but with the support of the Gymtec team she is now confident in most aspects of weight lifting, even conquering big movements such as the Back Squat, Deadlift and Bench Press.

She has seen a great improvement in strength across the whole body and is progressing on a daily basis with her training!