



JCI GALWAY YOUNG ENTREPRENEUR AWARDS 2010



THE BIGGEST AND LONGEST RUNNING COMPETITION OF ITS KIND IN GALWAY

JUNIOR CHAMBER INTERNATIONAL GALWAY - GYE 2010 The Nominees

Galway Advertiser October 2010

Sarah Thornton Personal Training

Established in July 2007, Sarah Thornton Personal Training provides high quality, professional, one to one fitness training for all ages and all fitness levels. Having graduated with a BComm and MBS, Sarah worked initially in business and marketing. Looking for a challenge and the opportunity to work in an area she loved, Sarah decided to forge a new career path in personal training after six years experience in the business world. Having qualified and worked in London, Sarah returned to Galway three and a half years ago to set up her own personal training business. Initially working as a mobile PT, Sarah soon had to set up her own private gym in Knocknacarra to cater for increasing demand. Within a year, she had employed an additional trainer and, two years on, Sarah Thornton Personal Training has expanded its services to Ocean Fitness, Galway's premier gym in the Salthill Hotel.



Sarah Thornton



SARAH THORNTON
PERSONAL TRAINING

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