
Sarah Thornton

Sarah Thornton Personal Training

Having graduated with a BComm and MBS, Sarah Thornton worked initially in business and marketing. Looking for challenge and the opportunity to work in an area she loved, she decided to forge a new career path after six years' experience in the business world.

Ms Thornton has always found sport irresistible — she is a former Irish squash champion and represented Connacht in hockey and tennis — and enjoys nothing more than putting on her trainers and just getting out there and being active. Combining her knowledge of health and exercise with the job satisfaction of helping people become healthier, fitter, and feeling better, personal training was perfect for her.

Having qualified and worked in London, gaining two years' valuable experience in a top PT company in central London, Ms Thornton returned to Galway two and a half years ago to set up her own business.

Initially working as a mobile PT, she 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 now, two years on, Sarah Thornton Personal Training is expanding its services to Ocean Fitness, Galway's premier new gym in the Salthill Hotel.

Ms Thornton enjoys training people of all ages and fitness levels on a one to one basis. She brings variety, challenge, and fun to your workouts as well as ensuring that you are achieving what you want from your exercise — improving your general fitness, weight loss, strengthening and toning, sport-specific fitness, pre- and post-natal exercise, and diet advice to support your exercise goals. Contact Sarah Thornton on (091) 443133 or www.sarahthorntonpt.com

