

Adam Sanchez

Adam received a BSc Honours degree in sport and exercise science from the University of Glamorgan. Adam completed his dissertation on the subject of cardiac rehabilitation, which is where the interest of rehabilitation began.

After finishing his degree, Adam pursued a career as a fitness instructor/personal trainer, conducting inductions for the gym, pool management, managing sales and client database. This progressed to teaching various fitness classes, managing new members and organising large sport facilities for classes and sports events and becoming a personal trainer, designing specific and individually tailored programmes for clients.

Adam has been a member of the equinox team for 3 years as a rehab coach, and has developed massively within the team. Adam has recently renewed his lifeguard qualification, and combined with other hydro qualifications, Adam has been able to plan and run hydrotherapy sessions with many clients.

Thank you Adam for your continued hard work and your commitment to your clients and the equinox team!

Recent Courses

- CSP/ATACP Endorsed Foundation Course in Aquatic Therapy
- PLSS UK Certification Re –updated Lifeguard Qualification (*to use for expanding hydrotherapy sessions*)