

PSLC January News.

Wishing you a Healthy and Active 2025

We hope you all had a nice relaxing time over the Festive period. We have had a cold start to the year which has affected outdoor activities but we have been very busy indoors !

So if your making New Year resolutions please put the PSLC on your list, the range of activities and clubs are many and varied so there is something for everyone...so no excuses !!!..... Swimming, Five A Side Soccer, Tennis , Padel Tennis, Gym, Yoga, Fitness Classes, Badminton, Squash, Basketball, Pickle Ball, Bowls, Keep Active Classes, Sub Aqua, Dancing, Martial Arts.

Catch up with friends with a Social Coffee at **Après** , if you're on a dry January we have a number of alcohol free drinks including Guinness 00 and Heineken 00, or a delicious **PUCK Burger**, it's all on your doorstep at the PSLC !

This month we would like to introduce you to our Martello Fitness Team and our fabulous New Gym...



Martello Fitness isn't just a gym – it's a community built on resilience, ambition, and support.

Whether you're here to build strength, boost fitness, or discover a healthier way of life, we offer a welcoming space and expert guidance to help you reach your goals.



Our dedicated team brings a wealth of knowledge, passion, and diverse expertise to every session, from strength training to holistic wellness practices.

Call in to us and get to know the team behind Martello Fitness, who are here to support you every step of the way. Read about the team Below to see who'll be guiding you on your journey.

<p>Andraya Mooney HEAD FITNESS INSTRUCTOR PERSONAL TRAINER</p> <p>Who I Am I've always had an interest and love for sports, fitness and wellbeing. I've always been involved in sports and really grew interested when I got involved in the Irish taekwondo team</p> <p>Why I Became a Coach I loved how much I got out of training physically and mentally and I wanted to be able to share that feeling with others. Coaching has helped me become more confident and I love getting to help other people feel good in themselves and enjoy exercise.</p> <p>Who I help I love helping women reach their best selves, building confidence and strong, sustainable habits that uplift every part of their lives.</p> <p> andrayamooney_fitness</p>	<p>Ross O'Grady FITNESS INSTRUCTOR PERSONAL TRAINER</p> <p>Who I Am What's the craic! I've recently become a father, I am a business owner and I work here in Martello fitness as a gym instructor and a personal trainer.</p> <p>Why I Became a Coach I found my love for training in my late teens. I am now 28. I believe physical training helps us to further develop and understand ourselves as well as all the main benefits like getting stronger, moving well and looking better!</p> <p>Who I help I help busy people find the time to train. One thing I love doing is helping people get fitter and stronger to keep up with the little ones around them</p> <p>"See you on the Astro"  ross_o_grady</p>	<p>Luke Flaherty FITNESS INSTRUCTOR PERSONAL TRAINER</p> <p>Who I Am I've been a sports person all my life, growing up playing football, GAA, hurling, and golf. My love for being active naturally led me into coaching, where I get to share my passion and experience with others.</p> <p>Why I Became a Coach I became a coach because I've always enjoyed sports and wanted to help others reach their fitness goals. There's nothing more rewarding than seeing people improve in what they set out to achieve and knowing I played a part in their journey.</p> <p>Who I help I specialize in helping young men build muscle, gain confidence, and develop solid fitness habits. My goal is to guide them in creating a strong foundation that will support their growth and wellbeing in the long run.</p> <p> lukeflaherty</p>
<p>Cathy McGivney FITNESS INSTRUCTOR SPORTS INJURY THERAPIST</p> <p>Who I Am I am an energetic, supportive coach who makes sure everyone at Martello Fitness feels welcomed and at ease. Known for my motivating energy, I bring fun, safe workouts to each session, often backed by upbeat tunes, helping clients feel comfortable and excited about fitness.</p> <p>Why I Became a Coach I became a coach because of my love for the gym and a healthy lifestyle. Fitness has had such a positive impact on my life, and I'm driven to share this joy with others, helping them build routines that support their goals.</p> <p>Who I help I specialize in teaching classes and creating gym programs tailored to all fitness levels. My focus is on lifestyle changes and sports rehabilitation, providing 1-on-1 support to help clients achieve their goals. No matter where you start, I'm here to show that with hard work and consistency, you can reach your fitness ambitions and enjoy the process along the way.</p> <p> cathyboom07</p>	<p>Marcella Ryan FITNESS INSTRUCTOR</p> <p>Who I Am I'm a hardworking, committed coach who believes in a holistic approach to health and fitness, with the mindset that it's never too late to start. As a former gym member myself, I understand the journey and bring that personal experience to every session, helping clients feel welcomed and motivated.</p> <p>Why I Became a Coach I became a coach to inspire others to stay active and healthy in a way that fits their lifestyle. I believe fitness should be enjoyable and accessible for everyone, blending movement with empowerment. From dance to dumbbells, I'm here to help clients make fitness a positive part of their lives.</p> <p>Who I help I lead the "Retro Exercise to Music" class, which attracts a diverse group of clients looking for a fun, soothing workout. My goal is to keep members moving, motivated, and engaged through a mix of energetic routines that celebrate movement and bring people together.</p> <p> marcellaryan3</p>	<p>Sean L'Estrange FITNESS INSTRUCTOR PERSONAL TRAINER</p> <p>Who I Am I'm the type of coach who loves seeing clients and gym members hit their fitness and physical health markers along with their everyday goals. Building connections with everyone at the gym is a must for me. I'm here to make the space welcoming for new members and even more enjoyable for regulars. Fitness has been a big part of my life since I was young, so being able to support others on their journey makes what I do that much more rewarding.</p> <p>Why I Became a Coach My passion for sports and fitness started early, and it quickly grew into a desire to help others who feel the same. I've had some great experiences in sports, and I love for my clients to enjoy the same sense of achievement and growth. As both an online and in-person personal trainer, I can bring a personal touch to help people reach their goals and get the most out of their efforts.</p> <p>Who I help I primarily focus on helping people develop their physique, improve speed for sports, and find balance in their daily lives. Whether someone wants to compete in bodybuilding, get faster for their sport, or build healthy habits alongside a busy lifestyle, I create personalized programs that align with their specific goals, both in and out of the gym.</p> <p> sean.lestrange</p>
<p>Dánú UaConaill Neville FITNESS INSTRUCTOR</p> <p>Who I Am I am theatre-loving book fiend who wants to pet your dog. Local to the area, I'm most likely spotted walking my dog on Paddy's hill.</p> <p>Why I Became a Coach After years of physio visits, I trained in sports rehab and injury prevention. Proprioception and stretching are key words in my classes.</p> <p>Who I help I like to bring retro pop and a positive attitude to create a community feel in our Friday morning classes. So, if you're interested in being part of that energy, you're my tribe!</p> <p> danudoestdance</p>	<p>Cian Cantwell FITNESS INSTRUCTOR PERSONAL TRAINER</p> <p>Who I Am I am a positive, confident fitness coach and personal trainer who grew up immersed in sports at PSLC, from tennis and swimming to soccer. Over time, I discovered my true passion in the gym, and now I bring that enthusiasm to every client I train.</p> <p>Why I Became a Coach I became a coach because I have a huge passion for sports and love working with people to help them reach their goals, no matter their age or ability. My favorite place to be is on the gym floor, training clients and pushing myself to grow alongside them.</p> <p>Who I help I specialize in strength training, 1-on-1 personal training, sports-specific training, and teaching classes. My goal is to help clients feel confident on the gym floor and achieve their health and fitness goals for life. I believe that with a healthy balance of nutrition and exercise, anyone can reach their goals in a safe, fun, and sustainable way.</p> <p> ciancantwellpt</p>	

With flexible class schedules to suit all levels, you'll find options that fit into your lifestyle. Explore the full class timetable here: [February Gym Classes](#)

Remember all our news is updated daily/ weekly on our webpage and social media with over 1800 followers on Instagram and 3.8k followers on Facebook

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