

Chesterford Research Park welcomes new recruit to The Nucleus health and fitness team Matt Snelling joins Nucleus team to give additional motivational encouragement to gym members!

The Nucleus health and fitness centre at Chesterford Research Park has recruited a new member of staff and promoted current team member Ellie Pond to the position of Gym Manager.

Matt Snelling qualified as a Personal Trainer in London before going on to teach physical education in primary and secondary schools. With a passion for fitness Matt has played football at both professional and semi-professional level for teams including Histon and Cambridge United and trains regularly in Mixed Martial Arts (MMA). As well holding an Advanced Diploma in Personal Training Matt is also a qualified football coach.

Having gained a BSc (Hons) from the University of Essex, Ellie Pond joined The Nucleus fitness team in August 2011. Having specialised in Sport and Exercise Performance at university, Ellie is dedicated to providing motivational classes and achievable personal programmes for all gym members, from total beginners to experienced athletes.

In her new role as Gym Manager, Ellie is responsible for the day-to-day running of The Nucleus health and fitness centre, as well as managing the wide variety of classes on offer. Classes include Circuits, Body Pump, Swiss Ball, Boxercise and Spinning, with Zumba, being added to the timetable from January 2012.

Park Manager, Katherine Maguire commented of the new appointments: "Both Ellie and Matt have a great deal of energy and enthusiasm which makes for a great atmosphere in the gym. Ellie thoroughly deserves her promotion and Matt is a super addition to the team. Together they provide real motivation and support to our members."

Situated at the heart of Chesterford Research Park, The Nucleus health and fitness centre provides members with realistic opportunities to enhance and support a healthy lifestyle and the Nucleus fitness team are passionate about enabling people to live happy, healthy and productive lives. Open to both tenants and non-tenants alike the gym is equipped with the latest cardiovascular and resistance machines, an extensive free weights area and dedicated stretch area.

For further information regarding gym membership please call Ellie (01799) 532256.



