

Helen joined Limitless Training Club two and a half years ago as an administrator following an estimating, admin and accounts career.

Being part of a very sport minded family, Helen has always been involved in sport and fitness.

During her younger years, together with an interest in netball and athletics, she was also a competent horse rider and regularly competed successfully.

As well as her role as administrator at Limitless Training Club, knowing the importance of fitness and a healthy lifestyle for both herself and her children, Helen has a particular interest in our Limitless Youth Performance side of the business, where she is on hand to help parents with any queries they might have regarding their children's participation and memberships.