

Tasker is the head of our Youth Fitness and Sports Performance and is experienced with providing effective and engaging fitness sessions for young people aged between 9 and 18 years of age.

Tasker has completed Level 2 and Level 3 Certificates in Fitness Instructing and is a qualified and certified VertiMax trainer.

Throughout his rugby career Tasker has represented Northampton Saints at under 18's level and is currently playing Scrum Half for Kettering 1st XV. He has also represented East Midlands throughout the age groups, Wellingborough School 1st XV for three years, and had the honour of captaining the team in his final year.

Tasker is driven and focused in helping others develop their fitness and is always looking to develop his own understanding and learn new techniques in his career as a Personal Trainer and Sports Performance Coach.