



Suzie Adams

Studio Co-ordinator/ Pilates Instructor

Suzie coordinates the Cedars studio class timetable which includes over 30 classes covering a wide range of sessions including Pilates, Body Conditioning, Zumba, Yoga and Tai Chi, as well as various circuit/gym based training sessions with the Gym Team. Suzie also arranges specialist workshops throughout the year to introduce members to new ideas and equipment that they may never have tried before.

Suzie believes that group exercise is a great way to stay motivated, get fit and to meet other Club members.

Suzie joined the Club at Woodcote Park in 1993 as a General Assistant, whilst studying for her fitness qualifications. Her positions have ranged from Life Guard to Reception Supervisor whilst also teaching regular classes in the squash courts. When the complex was redeveloped in 2004, Suzie took on the role of Studio Coordinator, continuing to teach a variety of classes including Pilates, Body Conditioning and Aquafit, whilst also managing the studio timetable and the freelance instructors.

Suzie continues to study and develop her teaching skills and is always looking for new ways to enjoy exercise and find classes to suit all types of people. Please check out the class timetable to find a class that suits you or contact Suzie at Cedars if you require any further information or have any great ideas for classes in the future.