

Nick Barratt

Group Fitness Instructor, Personal Trainer

CERTIFICATIONS & DEGREES

Premier Training & Development LTD

Certified Personal Trainer

Sports Massage Therapy

SPINNING®

Certified Spinning Instructor

Aerobics and Fitness Association of America

Group Fitness Instructor

Practical Pilates

SPECIALTIES

- Sport Specific Training
- Athletic Conditioning
- Group Cycling

QUICK FACTS

UH Major:

B.A. Communications & Advertising
Class of 2012

Hometown:

London, England

Hobbies:

Outdoor Sports, Rugby, Travel

Alter-Ego Name:

The Punisher

UNIVERSITY of
HOUSTON

DIVISION OF STUDENT AFFAIRS
Department of Campus Recreation



Fitness Philosophy

“You should look at working out as a lifestyle change rather than a day-to-day task. If you change your lifestyle for the better you will reach your goals in the short- and long- term, benefiting many different areas of your life.”

More About Nick

Nick has been teaching group fitness since 2009 and training since 2010 with the Campus Recreation and Wellness Center . He began working as a personal training in London in 2002. Before moving stateside, Nick managed health clubs for hotels and ran his own Personal Training Business.