



Hello, my name is Steph Scully

I'm Steph, a passionate and dedicated Personal Trainer at PureGym Brighton Central.

I specialise in helping people build strength, develop lean muscle, reduce body fat and improve their overall fitness and confidence.

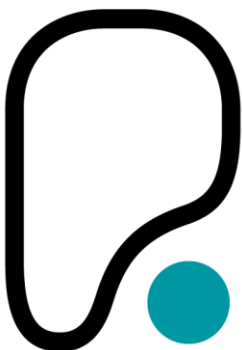
Whether you're completely new to the gym or looking to take your training to the next level, I'll help you achieve your goals through personalised training, expert guidance and ongoing motivation.

My coaching philosophy is simple:

Build strength. Build muscle. Build a body that performs.

No quick fixes. Just consistent progress and lasting results.

"Raise the bar... then raise it AGAIN!"



**Book
now**



<https://stephscullyfitness.floot.app>

Meet your personal trainer

Contact me



STEPH SCULLY



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Specialist areas

- Strength Training & Muscle Development - Fat Loss & Body Recomposition
- HYROX-Inspired Functional Fitness - Women's Fitness & Menopause-Aware Training
- Indoor Cycling & Cardiovascular Fitness - Beginner Gym Confidence & Technique
- Progressive Overload & Structured Training - Mobility, Recovery & Exercise Technique

Qualifications

- Level 3 Qualified Personal Trainer
- Qualified Spin Instructor
- Level 3 Sports Massage Therapist
- HYROX365 Academy Training
- Continuing Professional Development in Strength, Conditioning & Fitness Coaching

