

Helen Tite

Managing Director

Personal Trainer & Advanced Exercise Specialist



Founder of the Core, Helen is not only the life and soul of the fitness studios, she's the brains behind it's existence. Having completed much of her training in America, she brings the excitement and enthusiasm she learned overseas to her classes at he Core.

An Advanced Instructor Level Three in the Register of Exercise Professionals, member of the American Council of Exercise and a member of the UK Fitness Industry Association (FIA) and its extended schools program, Helen is licensed to work with children and mums for pre and postnatal fitness.

She is also great at using her wealth of expertise and spectacularly motivational character to help individuals achieve a healthier life including assisting them with nutritional advice and recently winning an award for helping patients with debilitating conditions to get active and enjoy life again.

A lover of exercise and the buzz it leaves behind, Helen teaches everything from Pump FX to Zumba, to pilates. She is a member of the UK's Gravity demonstration team where she works alongside leaders in the fitness industry and is a personal trainer and advanced exercise specialist in her own right.

