



Our amazing instructor is **Paula Green** **slade** and she has been in the fitness

Paula is a qualified RSA (Royal Society of Arts) Exercise to Music Teacher, a qualified Level 2 Gym Inst

Paula is currently studying Level 3 Personal Training.

She enjoys teaching [Fitness and Aqua classes](#) in the Orihuela Costa Resort and the Celtic Isle in Pla





[Paula says 'Up, a with P'00](#) [Dance of a great have of is what get it is fit](#) [Biggie with her own by 5 by 5 by 5](#) [the](#)



excise what you want to work up, to love work out, and to get hooked on