

Who we are

Exact Training is run by Sarah Bolitho and Vicky Hatch who have nearly 50 years of combined experience in the fitness industry and over 30 years designing and delivering training and writing books and magazine articles.

We are passionate about running useful and practical training and believe in a 'learn it today, do it tomorrow' approach.

What we offer

Exact offer a range of qualifications and CPD training that will enhance the knowledge, confidence and practical skills of specialist fitness instructors and health care professionals.

We deliver industry recognised qualifications and accredited workshops and can work with you to develop bespoke training in many specialist areas.

We support our learners throughout and beyond their training with us and many come back to us for further training and advice.



- L3 Ante Post Natal
- Post natal abdominals
- Pregnancy modules: pilates; referral; exercise and obesity; exercise and mental health

Ante Post Natal



- Exercise Referral
- Disability
- Older Adults
- Chronic Fatigue
- Behaviour Change

Level 3 courses



- Aqua natal
- Aqua confidence
- Aqua referral
- Cardiaqua[®]

Aquatic courses



- Mental Health
- Obesity and Diabetes
- Back Pain
- Level 4 CPD Modules

Level 4 courses

