

The best path to becoming a fit, confident woman... (One that you'll actually stick with)

Are you craving excitement and looking to unleash your inner badass? It's time to transform yourself...

In 2017, my life took a remarkable turn. I was once an anxious, depressed woman, plagued by self-doubt and struggling with eating disorders. It was bad, and looking back I'm glad I changed.

I was shy and scared that people would judge me from my looks, until someone close to me said "You would go so much further if you didn't live in your head so much." That stung. It was a wake-up call that compelled me to make uncomfortable, painful but necessary changes.

I delved into kettlebell and strength training, earned certifications as a level 3 personal trainer and nutrition coach, and dove into mindfulness and mindset practices. I challenged my old story, unravelling who I thought I was and what I believed I was capable of. Through dedication and resilience, a stronger, more confident version of myself emerged.

Now, I leverage my own experiences to help others facing similar challenges. I stand for the underdog and believe that change is possible with determination and hard work. That's why I created SSA—a judgement-free space where people from all walks of life can train as equals, embracing their true potential and growing together.

At SSA, we support healing, foster growth, and guide transformation from within to allow you to become your best self.

Enough about me, now let's focus on your journey.

Are you tired of being bored? Do you want to become a total badass?

Our **exclusive to women** kickboxing class is for you!

The classes prove to be an incredible place to socialise and meet other amazing women like you.

At SSA, we understand newcomers will be nervous, especially if they are coming on their own, which is why our supportive coaches and members will always give you a warm, friendly welcome.

Our classes are suited for all levels. It doesn't matter if you're just starting your kickboxing journey, or if you're a professional. Any woman can join!

"Excellent! A really good mix of people in the group. The instructions are always delivered clearly and there's a real sense of progression, across the whole group, in every session. I would recommend it to anyone who wants to build on their confidence, fitness, and technical ability." -Louise Haynes

Our sessions are designed for women who want to feel safe, supported, and challenged. If that sounds like you, keep reading!

Each session at SSA is full of energy, laughter and enjoyment and our coaches are experts at pushing you towards your goals in a safe and supportive environment.

The simple yet effective schedule provides a challenge for every individual, allowing for new levels of confidence and self-belief to be unlocked every step of the way.

The coaches are skilled, supportive and attentive and the community in the classes feels really special. I've left every session feeling like I know more than I did before with a smile on my face. -Niamh Bolger

This is for you if:

- You're looking for effective self-defence (that actually works)
- You want to feel strong and energised, all while enjoying the foods you love.
- You're looking for an easy and long-lasting spike of confidence
- You want to relieve stress effectively
- You're looking for a fun way to build a strong mindset

What is kickboxing (just in case you don't know!)?

Kickboxing is a martial art which combines kicking elements of karate and boxing. It is one of the most useful martial arts to know, as it is incredibly effective for defending yourself.

Not only that, but due to it being a form of cardio, kickboxing is a great exercise. Because it's a full body workout, you can lose any unwanted weight safely, quickly and effectively.

I've only been here for 1 month, and I've lost 3kg. I've been moving better, I feel more free, and I'm much more confident when I'm outside. -Member

It's a fun and sociable way to relieve stress, exercise and feel better about yourself

Start your journey to becoming a kickboxing badass today, just click [here!](#)