



Me and my Family

My name is Graham Moxon and I am the founder and owner of ReSET Gym & Fitness.

I began as a fitness trainer and classes instructor as long ago as 1996 and realised very early on that I was pretty good at my job. Within 2 Years I had opened my own small Personal Training Studio and I haven't looked back since.

I am like you. A normal guy with a young family. I've been fat, thin, fit, unfit and dealt with pretty much anything life has thrown at me from divorce to losing my hearing. (Get to know me more and you'll find out all the gossip).

I am a Coach. I've got over 20 years experience of helping lovely people like you achieve all sorts of goals both mentally and physically. I also happen to know a bit about exercise too.

If not me then my gym and staff CAN help you.

We don't mess around and we are good at what we do.

Any questions? Fire away! I don't bite but I am honest :-)