

Personal Trainer

Katelyn



QUALIFICATIONS:

Fitness Australia Registration
Cert III & IV Fitness
Senior First Aid
Level 1 Sports trainer
1st year Sports Science degree ECU
Level 1 Thump Boxing instructor

SPECIALTIES:

Weight training
Muscular endurance
Cardiovascular training
Weight loss

MOTIVATIONAL QUOTE:

“There are no short cuts to any place worth going”

ACHIEVEMENTS:

State and National representative—Cheerleading & Dancing