

Personal Trainer

Sarah



QUALIFICATIONS:

Fitness Australia Registration
Cert III & IV Fitness
Senior First Aid
GymED—Exercise in the Child Bearing Year
GymED—Shoulder Pain & Injuries
GymED—Knee/Ankle Pain & Injuries
GymED—Low Back pain & Injuries

SPECIALTIES:

Group Training
Cardiovascular training
Women Specific Training
Children Training
Hockey specific strength & conditioning

MOTIVATIONAL QUOTE:

“Use it or Lose It”

ACHIEVEMENTS:

MVP 2009 Provisional Gold Hockey
Additional awards—Softball & Basketball