



# ERIKA



## SPECIALISED FIELDS:

Nutritional Guidance

Core Conditioning

Boxing

Weight Loss and Toning.

## QUALIFICATIONS:

Certificate III in Gym Instruction

Certificate IV in Personal Training

THUMP Boxing Instructor

COMBAT Instructor

Body

Pump Instructor

Fitness Australia Level 1 Trainer

Senior First Aid and CPR Accreditation.

## WHAT I WILL DO FOR YOU?!

Are you feeling sluggish and unmotivated?? As a Personal Trainer at Beatty Park, I will "COMBAT" those feelings and provide you with a work out that is both playful and functional. I can also provide you with dietary guidance.