

# ETHAN



## SPECIALISED FIELDS:

Weight Loss and Toning

Strength and Conditioning

Nutritional Guidance

Circuit Training

Aqua Aerobics

Special Populations

Core Conditioning

## QUALIFICATIONS:

Certificate III in Gym Instruction

Fitness Australia Level 1 Trainer

PUNCHFIT Boxing Accreditation

Suspension Training

Certificate IV in Personal Training

Certificate IV in Sports Development

Senior First Aid and CPR Accreditation

## WHAT I WILL DO FOR YOU?!

Want to learn how to use the Power Rack? I can help you! As a Personal Trainer at Beatty Park, I can provide you with an Advanced Training program to help you if you're in a work out RUT....