

HANNAH



SPECIALISED FIELDS:

Strength and Conditioning

Fat Loss and Toning

Nutritional Advice

Cardiovascular Conditioning

Sports Specifics

Functional Training

Hypertrophy Training

Core Conditioning

QUALIFICATIONS:

Bachelor of Exercise and Sports Science/ Nutrition. (Currently completing)

Certificate III in Gym Instruction

Certificate IV in Personal Training

WHAT I WILL DO FOR YOU?!

As a Personal Trainer at Beatty Park, I will provide individualised training programs with each work out: specific, enjoyable and structured on scientific grounds. I believe all exercise regimes should include a purpose and I am highly motivated in supporting each client attain their personal goals and needs.