

KATHERINE



SPECIALISED FIELDS:

Weight Loss and Toning

Strength and Conditioning

Nutritional Guidance

Cardiovascular Training

Deep Water Training

Pre and Post Natal Exercise

Special Populations

Sports Specific Training

QUALIFICATIONS:

Certificate III in Gym Instruction

Fitness Australia Level 2 Trainer

Senior First Aid and CPR Accreditation

Certificate IV in Personal Training

Certificate IV in Aqua Aerobic

Bronze Medallion

WHAT I WILL DO FOR YOU?!

I have been actively involved with Beatty Park for 18 years and as a Personal Trainer I have helped many people reach their goals. As an International Champion in Triathlons and Ironman I know exactly what it takes to achieve your goals and keep you motivated. **INSPIRED** and **MOTIVATED**, ask for me!