

LAURA



SPECIALISED FIELDS:

Circuit Training

HIIT Training

Flexibility

Strength and Conditioning

General Health and Fitness

Core

QUALIFICATIONS:

Certificate III in Gym Instruction

Certificate IV in Personal Training

Fitness Australia Level 1 Trainer

Bootcamp Instructor

Circuit Training

Senior First Aid and CPR Accreditation

WHAT I WILL DO FOR YOU?!

Are you interested in an enjoyable workout, with a slight feel of Military? As a Personal Trainer at Beatty Park, I can create sessions that are stimulating and fun. NOW is the TIME!