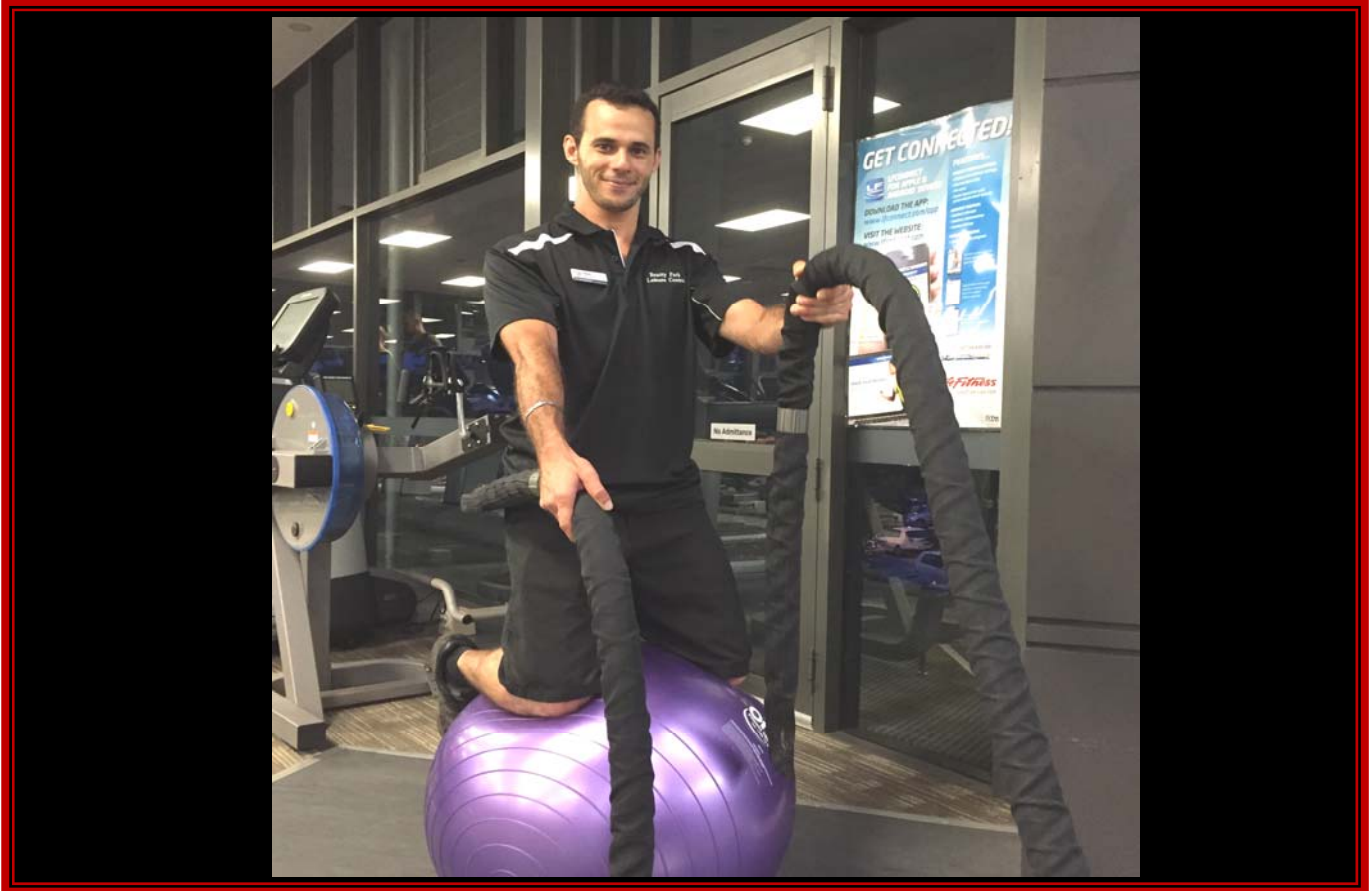


# RENATO



## SPECIALISED FIELDS:

Capoeira

Yoga

Soccer Coach

Strength and Conditioning

The Mature Generation

Core Conditioning

Fat Loss and Toning

General Health and Wellbeing

## QUALIFICATIONS:

Certificate III in Gym Instruction

Certificate IV in Personal Training

Fitness Australia Level 1 Trainer

Circuit Training

Senior

First Aid and CPR Accreditation

## WHAT I WILL DO FOR YOU?!

Performing the correct technique whilst you exercise is vital to achieving functional and physical strength. As a Personal Trainer at Beatty Park, I will provide you with a comprehensive session, full of passion, astute, energy and variety. Ever heard of 'ANIMAL MOVEMENT?'