

SALLY



SPECIALISED FIELDS:

Boxing for Fitness

Circuit

Swiss Ball

Strength and Conditioning

Pilates

Core Conditioning

Fat Loss and Toning

Pre and Post Natal Exercise

QUALIFICATIONS:

Certificate III in Gym Instruction

Certificate IV in Personal Training

Fitness Australia Level 2 Trainer

Pre and Post Natal Accreditation

Swissball Instructor

Senior First Aid and CPR Accreditation

Pilates

Certified

WHAT I WILL DO FOR YOU?!

Need the CONFIDENCE and the ability to know you CAN? As a Personal Trainer at Beatty Park, I will give you the strength and confidence so that you can get the most out of your workouts because I BELIEVE in YOU!