

SKYE



SPECIALISED FIELDS:

General Health and Fitness

Boxing

Weight Training

Circuit Training

Sports / Martial Arts Training

Children's Fitness

QUALIFICATIONS:

Certificate III in Gym Instruction

Certificate IV in Personal Training

Fitness Australia Level 1 Trainer

Certificate IV in Massage

OTU Accreditation (Tae Kwon Do)

ICP Coaching Certificate (Tae Kwon Do)

Senior First Aid and CPR Accreditation.

WHAT I WILL DO FOR YOU?!

Do you lack **MOTIVATION**? Would you like to be pushed harder than you thought you could go? Need a bit of stress relief? As a Personal Trainer at Beatty Park and with my experience in Martial Arts, we can punch and kick the stress right out of your body. I will provide you with a work out regime that is fun, full of variety and intensity to help you reach your **GOALS**, not matter what they might be.