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## **Daniel – Assistant Manager & Personal Trainer**

### **Relevant Skills & Qualifications:**

- Diploma in fitness (Exercise Therapist)
- Cert IV in fitness (Personal Trainer)
- Cert III in Fitness (Gym Instructor)
- Level 2 Fitness Australia Registration
- Level 1 Punch fit Boxing Instructor
- Level 1 Strength & Conditioning
- Level 1 Bootcamp & Group Fitness Instructor



### **Daniel's Industry Experience:**

- Personal Training since 2012 Roughly 5 years Industry experience
- 1 years' experience as a professional Cricketer (NSW Blues & Sydney Thunder Supplementary list)
- Work Experience with the NSW Waratahs (Professional Union Team)

### **Daniel specialises in:**

- Weight Loss
- Sports specific training

### **Daniel's Quote:**

“Throughout my time in the fitness industry I have learnt many things about training clients and the importance of an individualised session and method to achieving goals. I believe that it is about finding the right way that works for you, so that you can not only achieve your goals but maintain them!”

To Book in a session with Daniel, please contact reception or send Daniel a message on 0425810190



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## **Emily – Personal Trainer**

### **Relevant Skills & Qualifications**

- Certificate IV in Fitness (Personal Trainer)
- Certificate III in Fitness (Gym Instructor)
- Currently studying Bachelor of Science (Psychology), University of Sydney

### **Emily's Industry Experience**

- Personal Training since 2016
- 6 years' experience women's soccer



### **Specialisation:**

- Female-specific goals
- Weight loss
- Bodybuilding

### **Emily's Quote:**

“Through learning and using myself as a project, I believe I've figured out the formula to obtaining and maintaining results. Motivation, consistency and some self-confidence goes a long way too. With the guidance and support from a Personal Trainer, every individual person can achieve what they set out to, and more.