

Catherine

Personal Trainer



PT philosophy

I intend to motivate, educate and empower individuals to achieve their goals. Through a variety of cardiovascular and resistance training concepts, I can bring you the motivating results of a physical and psychological transformation.

qualifications

- Bachelor of Applied Science Exercise and Sport Science *Studying*
- Certificate III + IV in Fitness
- Certified Boxing Fitness Trainer
- Senior First Aid + CPR

areas of specialisation

- High Intensity Interval Training
- Fat loss and weight management
- Sports Specific Training (Boxing)

Contact Catherine at
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