

Gizelle

Personal Trainer



PT philosophy

I am 100% dedicated to helping each of you make positive changes in your lives through small consistent changes, that lead to big changes over time. It's about progress not perfection.

qualifications

- Certificate III + IV in Fitness
- Les Mills Instructor
 - Body Balance (Advanced)
 - GRIT
 - CXWorx
- Senior First Aid + CPR

areas of specialisation

- Fat Loss and Weight Management
- Body Shaping and Transformation

Contact Gizelle at
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