

Joanna

I strive to be able to not only train but also educate clients on how to be the best version of themselves through exercise. Knowing I have the opportunity to be part of someone's health and fitness journey motivates me to also be the best trainer I can be.

By keeping up to date with various research and new training methods done by leading experts in the exercise science field, I am able to constantly adapt the way I train my clients based on their specific goals in order to achieve the results we set.

Together, we will be able to create a stronger and healthier you by applying the latest scientifically backed research to our training. Our training will be innovative, motivating and most importantly fun!

Specialisations:

- Sport Specific training
- Strength and Conditioning
- Rehabilitation/injury prevention



Available for sessions at:

Eltham Leisure Centre
Diamond Valley Sports and Fitness Centre