

# Alina Gribble

Fitness Centre Coordinator & Personal Trainer

Level 2 Fitness Australia Registration

**MFT**  
MasterFunctionalTrainer™

## Qualifications

Certificate III in Fitness - Gym Instruction

Certificate IV in Fitness - Personal Training

ViPR Trainer

Rip 60 Suspension Trainer

Functional Mobility Level 1

Advanced Crankit Suspension Trainer

Powerbag Trainer

Kettlebells Level 1 Trainer

Kettlebell Level 2 (Advanced) Trainer

Battling Ropes Trainer

Metafit Trainer

KLT Level 1 Functional Strength and Conditioning



## My Personal Training Philosophy

Having first been introduced to fitness (and losing over 30kgs) through kickboxing, this is where my heart and passion still lie when it comes to training. The work intensity and massive whole body integration involved in kickboxing is unrivaled in my opinion.. and also hitting stuff is fun!!

My interest in functional training has also developed over the years and this is the direction I have taken my own training and continuing education. The benefits of this kind of training to get my clients moving and feeling better cannot be argued. I love the ever-evolving nature of the fitness industry and enjoy challenging my clients with new ideas and techniques.

**NEED SOME HELP WITH TECHNIQUE, DIRECTION OR JUST  
WANT A LITTLE EXTRA PUSH?**

**Book in with Alina, or any of our qualified  
Personal Trainers today!**