

Katie Moyse

Fitness Centre supervisor and Personal Trainer

Level 1 Fitness Australia Registration

Qualifications

Certificate III in fitness

—Gym Instruction

Certificate IV in fitness

—Personal Training



My Personal Training Philosophy

I have been young and fit with all the time in the world to focus on fitness. I have also been pregnant, stressed a new tired mum and a business owner. I can understand how life gets in the way. These roles have taught me more about health and fitness than any qualifications I could ever achieve.

I use fitness for life. My style is functional with a strong focus on core stability and strength and I am a motivator. I have a back ground in crossfit and running and am currently studying to expand my knowledge in wellness for life. I believe health and fitness is the whole package not just gym and diet. I am all about women's empowerment and showing you that are stronger than you think, more capable than you think and an all round bad ass!

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

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