

Lainie Ward

Fitness Centre Supervisor / Personal Trainer

Qualifications

Certificate III in Fitness

- Gym Instruction

Certificate IV in Fitness

- Personal Training



My Training Philosophy

For myself, I've always focused on strength and hypertrophy training. Fitness has become a passion of mine, having a goal and achieving it is by far the best feeling and meeting great people along the journey.

I think fitness should be enjoyable and by finding what works for you is what makes working out fun.

My favorite part about working in the fitness industry is seeing people succeed and that's what motivates me as a gym instructor. I am determined to help anyone reach their fitness goals and write a program that suits you.

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

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