

Jasminde Kowalczyk

Fitness Centre Supervisor & Personal Trainer

Level 2 Fitness Australia Registration

Qualifications

Certificate III in Fitness-Gym Instructor

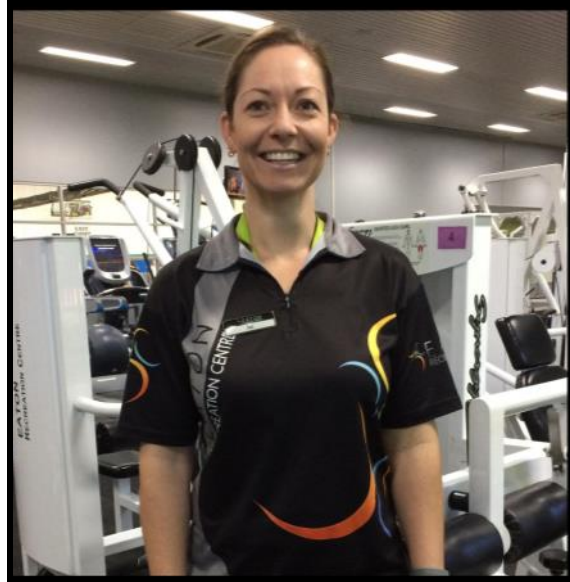
Certificate IV In Fitness-Personal Trainer

PunchFit

RIP 60

Preggie Bellies

Remedial Massage



My Personal Training Philosophy

I exercise because it makes me feel good. Being a busy Mum of a one year old, and working part time (both in the gym and as a remedial massage therapist) it's important for me to take the time to do something I enjoy.

I have studied the prescription of exercise for woman through all three trimesters of pregnancy and post pregnancy ,and benefited by being fit and healthy through my own.

My training has evolved over the years. As a teenager I practiced competitive powerlifting, but I now favor more functional training.

I love it when new members find their passion for exercise, and I love being a part of their journey into a healthier, happier version of them selves.

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

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