

Re-Creation South Melbourne Personal Trainers

<p>CHARLES AMBROSE</p> <p>As one of Re-Creation's most popular trainers former professional boxer Charles "CJ" Ambrose has been in the fitness industry for over 6 years & has 16 years boxing experience at both amateur & professional levels. Want to knock out the fat? Want to tone, shape stronger leaner muscles, build up your endurance as well as cardiovascular fitness? Well CJ's boxing based sessions will definitely challenge your levels of fitness weather you're a beginner or advanced. Skills include: Personal Trainer / Coach, Boxing Coach, Swissball Instructor, & Kettle Bell Instructor. 0407 614 307</p>	<p>ALAN BECK</p> <p>" Alan is classed as "The fat loss guru" and can help anyone achieve amazing results. He will train someone who has never lifted a weight before, to become one of the fittest people in the gym. If you have seen him train his clients you will understand why he is one of Melbourne's finest. Just ask his clients that do his "group personal training classes" Alan has been trained by some of the best teachers in the world, not only in dancing, but also in Pilates and Body Conditioning. Book in for a free 30 minute personal training session before its too late" 0418 229 737</p>
<p>KELLY STEPHENSON</p> <p>Kelly is one of Australia's leading Personal 1 on 1 fitness trainers with 27 years experience. Kelly has also spent 12 years as a Strength & Conditioning Coach for the Australian Institute of Sport. Her expertise in free weight resistance training & nutritional programming has given her 98% success rate with her clients. She will guarantee results if clients will guarantee commitment. If you are looking for a highly, motivated, serious, no frills trainer then look no further she will have you reach your goals & will educate you on all aspects of health & fitness. 0430 977 190</p>	<p>PAUL ELLIS</p> <p>Paul has a passion for effective sports specific training, being a former player of 8 years with U/18 and VFL clubs Northern Knights/Bullants he has dedicated his training to get the best results in his chosen field. By finding out your goals and why they are important to you, If you wish see positive changes and feel better with the way you look and how your body feels at the end of each day, then today is a great day to grab onto your future and brings those dreams to life. "you don't stop when you get old, you get old when you stop" 0412 717 727</p>
<p>MICHAEL GARDINER</p> <p><i>Empower yourself through Training and being Active / De-stress your Mind and Body / Gain Confidence and Self Esteem / Achieve your personal goals in Weight Loss, Fitness Health and Well Being.</i> Personal Training with Michael will help you improve these areas in your life that can be sometimes difficult to achieve. So take hold of your life and make "A Commitment" and start NOW with one on one Personal Training Sessions with Michael. With over 20 years experience in Sport and Fitness areas, Michael has valuable knowledge and assistance to people seeking a Healthier and Happier Lifestyle. 0419 548 792</p>	<p>CHRISTINE KAMBOURAKIS</p> <p>With almost 10 years experience, Christine has an impressive background in sports medicine as a physiotherapist, having worked with the AIS & VIS. A popular cycle and Pilates instructor and sought after personal trainer, Christine will help you every step of the way to ensure you reach your health and fitness goals. She specialises in weight loss and body shaping, pre and post natal health, injury rehab and also runs her own corporate health company taking health and wellness out into the workplace. Christine can give you the information and motivation you need to live a happy and healthy long life! 0418 344 144</p>
<p>DANIEL ANDRES JAIME GONZALEZ</p> <p>Apart from being an amazing Zumba instructor, Daniel is a highly qualified and experienced personal trainer who owns a PT business in Brazil which provides rehab services to insurance companies for back, shoulder, knee, hip and other injuries. His is a trained Body Builder, Bootcamp and Martial Arts instructor as well as an experienced Physio-Pilates practitioner. This is a man of many talents, who is keen to work with you whether it's for rehab or just to be fab! 0431 132 044</p>	<p>CARLI JACKSON</p> <p>Carli comes to Re-Creation with a 'can do' attitude. She is committed to trying to help her clients achieve their goals. Carli believes in everyone's ability regardless of their age or fitness level. Carli's sessions use resistance training, Boxing, Cardio/Interval training, Boot Camp-style workouts and a host of other techniques that will put you on the path toward looking and feeling better. 0402 525 218</p>
<p>ANTHONY GOLDSMITH</p> <p>A contributing writer for Women's Health & Fitness magazine, Anthony also runs his own accredited workshops for Personal Trainers throughout Australia. In between clients he lectures the next generation of Personal Trainers at Holmesglen Tafe. With 14 years practical experience, Anthony has developed a strong focus in the needs and goals of his clients, together with his own ideas. Anthony believes Personal Training should be Fun, Challenging and display a strong commitment to Customer Service. www.performants.com.au 0417 508 001</p>	<p>SCOTT TAYLOR (ex Western Bulldogs & VFL Player)</p> <p><i>You Are Now One Step Away From Learning...</i></p> <ul style="list-style-type: none"> • The BIG pro-level secret of what fitness training is <i>really</i> all about... (This will <i>supercharge your results</i>...but only if you really "get" it and fully understand its power!) • The one thing <i>your body</i> desperately craves when training and how it will unlock the gateway to consistently and sustainably lose fat and shape muscle. <p>Call 0449 955 740 Now (Limited Spots Available)</p>
<p>SHARON LUISOON</p> <p>Sharon is a highly motivated, enthusiastic personal trainer and cycle instructor. She can work with you to reach your goals whether it be a walk in the park, running a marathon, returning from injury or having a baby. Sharon has 10 years experience training in the fitness and health industry and has been a highly successful trainer at Re-Creation Armadale for this period of time. Her fun-loving and vibrant approach will make every session an experience not to be missed! 0417 320 974</p>	<p>JAMES MADDOCK</p> <p>James is highly passionate about health & fitness & believes in working in conjunction with his clients to achieve their goals & motivate them every step of the way! Being a qualified cycle instructor James knows what it takes to burn fat & tone muscle. James is a young energetic & exciting trainer who captained and lead his footy team for many years. Weather your a beginner, advanced or just want more guidance with your training call James & begin your exciting journey on the road to the better & new you! "STRIVE FOR PROGRESS NOT PERFECTION!" 0417 108 359</p>
<p>ADRIAN WALLIS</p> <p><i>"Consistency is the key to improving"</i> With over 12 years of experience behind him, Adrian can transform your physical conditioning to a higher level whilst maintaining an injury free body. Adrian has spent the past 12 years competing at an international level of Athletics while building a renowned reputation. He will work with you on all aspects of your lifestyle, including training and nutrition. So challenge yourself to a greater level of fitness and overall lifestyle. 0419 540 210</p>	<p>HOLLY MCCROSSIN</p> <p>Holly has been in the fitness industry for 10 years and has an impressive portfolio of satisfied clients. Holly's philosophy is to really listen to her clients, truly understanding her clients and what they're trying to achieve. Working closely with physiotherapists, nutritionist and international fitness mentors. Recently Holly completed training as a qualified Sports Conditioner to train professional athletes. Holly's passion and experience is evident – she packs fun, energy, variety and education into every session. www.rocketpersonaltraining.com 0410 126 377</p>
<p>BRONWYN STUART</p> <p>A certified Personal Trainer for six years, she is also an accredited "Functional Fitness" instructor. Whatever your fitness, Bronwyn can create a personalised program and work with you to find your motivation to deliver results. She is also able to offer valuable advice on food and nutrition. Triathlons are a personal passion, so if that is your goal she will help you train and prepare for the season ahead. 0414 971 491</p>	<p>RICHARD TE PAA</p> <p>Growing up playing competitive sports, Richard has competed at state and National levels as an athlete and has also been a successful sports coach. Richard has developed a great love for sport, exercise and healthy living. He will inspire people of all levels to be the best they can be through motivation, goal setting and determination. Richards other hobbies include, fishing, golfing and walking his dogs. 0431 247 686</p>
<p>MARY O'SHANNASSY</p> <p>Mary is a qualified trainer who has had a long passion for health and fitness. Mary derives great satisfaction in assisting her clients to enhance their fitness and lead a healthier lifestyle, helping them to move better, feel better and look better. If it's weight loss your after – Mary has extensive knowledge as a ULTRA LITE consultant and will help you achieve your goals! 0401 691 232</p>	<p>GLEN FRASER</p> <p>As a Natural Physique Competitor and with many years of Martial Arts and fitness experience, Glen has the confidence and discipline to help you achieve your results. "Having been overweight at 129kg, not motivated and in a rut I know how difficult it can be to take those first steps. Whether the goal is to lose weight, tone up, gain strength or to just feel great I know how to get results". 0416 775 561</p>
<p>NICK MOLLISON</p> <p>Whether you are new to fitness. In need of a new routine or just want more out of a workout, Nick will help you achieve your goals with helpful, fun and motivating training that will keep you active and feeling good. "IMPOSSIBLE IS NOTHING." 0400 118 348</p>	