DEMI

PERSONAL TRAINER
GROUP FITNESS
CRECHE

"There is not enough time for you to reach your full potential if you keep saying "I'll do it later"."

GET IN TOUCH

info@powerplay.com.au

A BIT ABOUT ME

I have been in the fitness industry for five years and have played a variety of sports growing up. I have always had a passion for fitness.
I am motivated to help others reach their fitness goals in a fun and positive environment with the knowledge that I have gained over the years. I have worked with all ages in the fitness industry, in many different environments. I am here to inspire and help others to be a better version of themselves.

EDUCATION & TRAINING

- Certificate III & IV in fitness
- Taping course
- Group fitness trainer
- Fitness on Trampolines
- Kids Fitness
- Sport & Recreation certificate

TRAINING INTERESTS

- Hockey
- Athletics
- Group Fitness
- Rock Climbing
- Hiking
- Weight training