



Pauline

Personal Trainer

Areas of expertise

General Fitness

Functional Strength Training

Traditional Strength Training

About me

Pauline's area of specialty is strength training, having fallen in love with weight training through CrossFit 8 years ago. After being told repeatedly to put her weights away by CF coaches, she chose to pursue weight training, and continued to read, explore and experiment to continue improving.

Pauline finished her Certificate III and IV in Fitness during 2022-2023 and completed her placements at TRAC with Sam and the amazing gym instructors.

Pauline has a particular interest in training women over 40 years of age. She is keen to help women move through this phase of life to discover physical and mental strength, and to future proof for the coming years and decades of living.



Qualifications

- Certificate III and IV in Fitness
- Strength System International Level 1 and 2
- Master of Music Studies
- Graduate Diploma of Education

Thomastown
Recreation &
Aquatic Centre

