

Paola

Personal Trainer Areas of expertise

General wellbeing

Strength training

About me

Paola has been in the fitness industry since 2014. However, she's always trained and lived a very healthy lifestyle. She's very passionate about fitness and works in the industry doing what she loves best.

Paola has done further training in the fitness industry and obtained more qualifications. She's extremely experienced in group fitness and PT.

Paola loves helping people from all walks of life to obtain their fitness goals and educating them, so they're equipped for the rest of their fitness journey.

Qualifications

- Cert III in Fitness
- Cert IV in Personal Training

