



# Lisa

Personal Trainer

## Areas of expertise

General Health & Fitness

Strength Training

## About me

Lisa has been in the fitness industry since 2012. Whilst she has always enjoyed watching most sports and has attempted to play a few along the way, her passion for the industry started as a regular Group Fitness participant. She then decided to use her love and motivation for fitness and opted for a complete career change.

She now balances her works hours between the Health Club and teaching various Group Fitness classes but still makes time for her own strength training sessions and a daily walk. Her goal is for everyone to realise the importance of Health and Fitness, whilst acknowledging that each journey is individual. She enjoys helping people and realises that guidance and education is key to creating a sustainable routine that promotes a healthy lifestyle and longevity.



## Qualifications

- Diploma of Fitness
- Les Mills Body Pump Instructor
- Metafit Coach

Thomastown  
Recreation &  
Aquatic Centre

