



Steph

Personal Trainer

Areas of expertise

General Fitness

Weight Reduction

Traditional Strength Training

Functional Strength Training

About me

Steph has been training since high school and has been on her own fitness journey for the last 12 years. She started doing her own workouts at home, focusing on resistance training and then transitioned to strength at the gym. Strength training is her passion as she loves the challenge as well as the mental and physical drive.

Steph loves building rapport with her clients and seeing them thrive to achieve their goals during their individual fitness journey. She loves to have a laugh and have fun during training and is looking forward to assisting TRAC members with their fitness journey.

Qualifications

- Certificate III in Fitness
- Certificate IV in Personal Training

