

# Vicky

## Personal Trainer Areas of expertise

General wellbeing

Strength training

Muscle Building

## About me

I have been in the Fitness Industry for 35 years, firstly as a Group Fitness instructor, then a Personal Trainer/Gym instructor for 30 years.

In the past, I managed a gym, PT studio and also, a Professional Body Building gym. I was a body builder for around 30 years during my 40+ years of training all over the world.

I have obtained qualifications from 3 Australian States, 3 countries, as well as, training with and being mentored by some of the best Personal Trainers in the world. 'Always enjoyed learning'

In regards to my background in Group Fitness, I am freestyle all the way: teaching THT, Fitball, boxing, step, cardio and weights, also being a clinical matwork Pilates instructor since 2003.

It is important to note: I am old school when it comes to the importance of using correct technique before increasing weights. It should be a process that must be followed to get and keep the benefits of training over time. If you take short cuts it will lead to injuries and bad posture.

## Qualifications

- Certificate III/IV in Fitness
- Diploma of Personal Training
- Matwork Pilates Levels 1-3



Thomastown  
Recreation &  
Aquatic Centre

