



AVAILABILITY:  
SUNDAY 7 AM - 3 PM  
\*OTHER TIMES BY REQUEST



# ALEX P: PERSONAL TRAINER

*"Creating workout routines specific for women"*

Alex is passionate about living a life that prioritises physical and mental health. She assists her clients to become the healthiest and most confident versions of themselves, empowering clients through building their health and fitness knowledge, as well as an understanding of how to move their bodies in ways they enjoy and align with their goals.

Alex strongly believes building a healthy body means setting up a lifestyle you enjoy and can continue for life. Working a desk-bound job, she understands the impact this can have on your posture, daily activity and energy levels, and the importance of training to counteract this.

Alex loves strength training, finding it empowering and rewarding as she continues getting stronger. She also maintains a well-rounded, performance-driven fitness level by incorporating cycling, swimming, running, and strong(hu)man into her training and further testing herself by participating in sprint triathlons and powerlifting meets.

Alex would love to hear about your fitness goals, working with you to craft a plan that you enjoy and supporting you along the way to achieving your success!



AVAILABILITY:  
MON TO THURS 9 AM - 1 PM  
FRIDAY MORN/EVEN ALTERS  
\*OTHER TIMES BY REQUEST

# ANDRES: PERSONAL TRAINER

*"Creating workout routines specific for women"*

Andres strongly believes with the right training program, determination and support, anyone can achieve their goals. With an ever-growing appreciation for what our bodies and minds can achieve, Andres is constantly demonstrating within himself and his clients the positive effects exercise has on our physical and psychological well-being.

As a Personal Trainer, Andres loves to share his enthusiasm, courage and happy lifestyle, to help you realize what your body is capable of. He builds partnerships with people focusing in their strengths making them to break the mould and connect with their bodies.

With a fitness diploma, background in swim coaching and as an NPL soccer player, Andres strives for quality over quantity with a focus on Functional training, corrective Fitness, body fat loss and balance and coordination skills.

## QUALIFICATIONS:

Certificate III in Fitness  
Certificate IV in Personal Training  
Diploma in Sport & Rec Management

## EXPERIENCE & SPECIALISATION:

Functional Training  
Certificate IV in Personal Training





AVAILABILITY:  
\*APPOINTMENT REQUESTS  
REQUIRED

# STEVE: HEALTH & FITNESS MANAGER PERSONAL TRAINER

*"Fitness should be fun, sustainable, keep you functional and motivated"*

As Active's Health & Fitness Manager, Steve's main priorities are to ensure the successful operation and development of ALC's gym and group fitness departments and their respective programs.

With a background in Strength and Conditioning, Bachelor Degree's in Sports Coaching & Exercise Science, Sports Management and 10+ years in the fitness industry, Steve has the knowledge and experience to help you achieve your health and fitness goals as well as the desire to help clients make positive changes in their lives.

A passion for sport and movement, Steve enjoys structuring sessions with an emphasis on functional movements, mobility and specificity to enhance an individual's fitness, speed, agility, co-ordination, strength and power. These fun and motivating sessions will have you working hard to reach your maximum potential.

**(\*Appointment requests required)**

## **QUALIFICATIONS:**

Certificate III in Fitness  
Certificate IV in Personal Training  
Bachelor of Sport Coaching & Ex. Science  
Bachelor of Sports Management

## **EXPERIENCE & SPECIALISATION:**

Functional Training  
Sports Specific Training  
Strength & Conditioning