



**CAROLINE SPRINGS**

## **PERSONAL TRAINER**

# **AARON AZZOPARDI**

### **ABOUT**

As a personal trainer, health and fitness has been a great part of my life for many years. Training is a way of life! I enjoy sharing my passion with others and helping them achieve their goals. I am a great believer of motivation and pushing myself as well as others to their limits, whether it be weight loss body-building, or general wellbeing. Let me be the trainer to begin your journey.



### **SPECIALTIES**

- Body Toning
- Weight Loss
- Body Building
- Strength Training

### **QUALIFICATIONS & ACHIEVEMENTS**

- Certificate III Fitness
- Certificate IV Fitness
- First Aid & CPR

### **CONTACT DETAILS**

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