

diana.diaz@telstra.com

*Dominant 24:7 Gym*

# DIANA

## DIAZ

CAROLINE SPRINGS



**PERSONAL TRAINER**

**Bachelor of Health Science (Naturopathy) |  
Certificate III & IV Fitness | Advanced Diploma  
Nutrition & Herbal Medicine**

**SPECIALTIES**

CAROLINE SPRINGS

- ▶ Weight / Fat Loss
- ▶ Strength Training
- ▶ Body Sculpting & Conditioning
- ▶ Health Wellness & Nutrition Coach
- ▶ HIIT / Circuit Training



0410 587 591



N/A