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Deviant 24:7 Gym

NADIA

TONKICH

CAROLINE SPRINGS



PERSONAL TRAINER

Premier Personal Trainer | Cert III & IV Fitness | Nutrition & Weight Mgmt | Strength System International Cert Lv1 | Athlete Strength & Conditioning | Exercise Guidelines for Children & Adolescents | Exercise Guidelines for Older Adults | First Aid & CPR

SPECIALTIES

- ▶ Strength & Conditioning
- ▶ Body Recomposition
- ▶ Weight Loss & Management
- ▶ Muscle Gain
- ▶ Nutrition
- ▶ Lifestyle Coaching
- ▶ Online Coaching

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