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Derriant 24:7 Gyms

SHARNA MCGREGOR

CORIO / GEELONG



PERSONAL TRAINER

**Certificate III & IV in Personal Training | First Aid & CPR |
Les Mills Certified | Metafit Certified | Zumba Certified**

SPECIALTIES

- ▶ 1-on-1 PT Sessions
- ▶ Group Personal Training Sessions
- ▶ Weight loss
- ▶ Strength Training
- ▶ MetaFit Training (Classes)
- ▶ Les Mills (Classes)
- ▶ Zumba
- ▶ Flexibility & Mobility Improvement
- ▶ Workout Programs Available

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