

fitbyzuhrah@gmail.com

*Deviant 24:7 Gym*

# ZUHRAH

## AKL

CORIO / GEELONG

### PERSONAL TRAINER

**Certificate III & IV in Personal Training & Fitness | Short Course Anatomy of Strength Training | Short Course in Nutrition | Short Course in exercise for two (Pre/Post Natal)**

### SPECIALTIES

- ▶ Strength Training
- ▶ Hypertrophy
- ▶ Weight loss
- ▶ Nutritional Guidance

CORIO / GEELONG



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@fit\_byz

