

admin@fitangels.com.au

Derriant 24:7 Gym

JANERE

REID

NORWOOD



PERSONAL TRAINER

Cert. III Fitness | Cert. IV Master Trainer | Cert. III Nutrition | Competition & Posing Coach for 10 years | Fitness competitor for 15 years

SPECIALTIES

- ▶ Body re-composition & transformations
- ▶ Wellness and lifestyle coaching
- ▶ Nutrition
- ▶ General fitness
- ▶ Sculpting
- ▶ Hypertrophy
- ▶ Strength

NORWOOD



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