

jesse@fitnb.com.au.au

Deviant 24:7 Gym

JESSE

AIMES-COSTA

NORWOOD



PERSONAL TRAINER

Certificate III & IV Fitness | Kickboxing/Muay Thai Trainer | Punchfit Certified | AIPT Master Trainer | FTI Mobility Trainer

SPECIALTIES

- ▶ Goal Specific Training
- ▶ Weight Loss
- ▶ Muscle Building
- ▶ Strength Training
- ▶ Mobility
- ▶ Nutrition Advice

NORWOOD



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