

laurachavezcoaching@gmail.com

Deviant 24:7 Gym

LAURA CHAVEZ

NORWOOD



PERSONAL TRAINER

Cert. III & IV Fitness | Performance Nutrition Coach Lv 1 | Dr Norton's Adv Nutrition Fat Loss | Women's Health & Physiology | Dr Layne's Science of Nutrition | Strength Systems Level 1 | Fundamentals of Program Design | Applied Neuroscience

SPECIALTIES

- ▶ Strength training
- ▶ Muscle building
- ▶ Fat Loss
- ▶ Habit building
- ▶ Nutrition
- ▶ Female specific training

NORWOOD



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