

tkauffeld@yahoo.com.au

Derriant 24:7 Gym

THOMAS KAUFFELD

PAKENHAM



PERSONAL TRAINER

**Certificate III & IV in Fitness | Group Exercise
& Gym Instructor | Lv 1&2 Kettle Bell Training
| Wellness Coaching | PT Boxing Skills & Drills**

SPECIALTIES

- ▶ Correction of dysfunctional movement patterns brought about by pain, ageing, and career choices
- ▶ Correct exercise and machine selection for your body
- ▶ Strength and conditioning for tennis

PAKENHAM



0408 175 830



@thomas.mhq

