

thecoach@tmstrengthtraining.com

Deviant 24:7 Gym

TIA

MCMURTRIE

PAKENHAM



PERSONAL TRAINER

Certificate III & IV in Fitness | First Aid & CPR | Lv 1 & 2 in Performance Nutrition

SPECIALTIES

- ▶ Female body composition change
- ▶ Nutritional guidance & education
- ▶ 1:1 sessions
- ▶ Small group training
- ▶ Form & technique

PAKENHAM



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