

cvfitnesshlc@gmail.com

*Derrivant 24:7 Gym*

# CHESTER VILLANUEVA

SEAFORD MEADOWS



## PERSONAL TRAINER

**Certificates III & IV in fitness | Performance  
Nutrition Coach Level 2 | Advanced First Aid**

## SPECIALTIES

SEAFORD MEADOWS

- ▶ Body Recomposition (Fat Loss or Lean Muscle Development)
- ▶ Strength & Conditioning
- ▶ HIIT + Metcon Training
- ▶ General Sports/Athlete Development



0420 576 431



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