

Hayden.moore1@hotmail.com

*Deviant 24:7 Gym*

# HAYDEN MOORE

SEAFORD MEADOWS



## PERSONAL TRAINER

**Cert III + IV In Fitness | Suspension Training  
Certificate | Medicine Ball Certificate |  
HLTAID003 – Provide First Aid & CPR**

## SPECIALTIES

- ▶ Strength and Conditioning
- ▶ General Fitness and Health
- ▶ Sports Specific Training
- ▶ Special Populations

SEAFORD MEADOWS



0410 896 370



@Coach\_Hmoore

