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*Dominate 24:7 Gym*

# TAM ELMORE

SEAFORD MEADOWS



**PERSONAL TRAINER**

**Certificates III & IV in fitness | Kettlebells  
Suspension Ropes | First Aid/CPR**

## **SPECIALTIES**

- ▶ Weight loss & management
- ▶ Rehab & Performance
- ▶ Body Building
- ▶ Nutrition
- ▶ Women's health
- ▶ Pre & Post natal
- ▶ Pelvic Floor Rehab

SEAFORD MEADOWS



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