

KlassicBodies@hotmail.com

Derriant 24:7 Gym

JESSICA

KLASSEN

SMITHFIELD



PERSONAL TRAINER

Certificates III & IV in fitness | Continued Education Credits – Training Teens & clients with Upper Body Injuries | First Aid & CPR

SPECIALTIES

- ▶ Strength & Conditioning
- ▶ Body Recomposition (Fat loss/Muscle gain)
- ▶ Lower body development
- ▶ Muscular Endurance

SMITHFIELD



0430 066 706



@_PT.JessKlassenn

