

angela@hypowerphysiques.com.au

Derrimut 24:7 Gym

ANGELA

VIRLIOS

THOMASTOWN



PERSONAL TRAINER

Bachelor in Exercise Science | Boxing Instructor

SPECIALTIES

- ▶ Working through gym anxiety
- ▶ Boxing
- ▶ Body recomposition
- ▶ Strength & Mobility
- ▶ Lifelong habit changes
- ▶ Non-restrictive dieting
- ▶ Hybrid Coaching Model

THOMASTOWN



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