

limitlessbysam@gmail.com

Limitless 24:7 Gym

SAMANTHA

MODICA

THOMASTOWN



PERSONAL TRAINER

**Certificate III & IV in fitness & Personal Training
| Nutrition Coaching | Pre/Post Natal Training
Qualified | Body Building Competitor**

SPECIALTIES

- ▶ Personal Training
- ▶ Strength & Conditioning
- ▶ Nutrition & Meal plans
- ▶ Training Programs
- ▶ Online Coaching
- ▶ Body Recomposition

THOMASTOWN



0432 510 524



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