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Dedicated 24:7 Gym



ALFRED CHAN

WINDSOR GARDENS

PERSONAL TRAINER

**Certificate III & IV in Fitness | ICN SA Mens
Fitness Champion (2022) | Master Trainer
Level 1 | First Aid**

SPECIALTIES

- ▶ Hypertrophy training
- ▶ Weight loss
- ▶ Sculpting Specialist
- ▶ Supplement Knowledge
- ▶ Goal Specific Training
- ▶ Comp prep

WINDSOR GARDENS

0416 211 468



N.A.

