

liftwithalexandra@gmail.com

Derriant 24:7 Gym

ALEXANDRA MOUNSHER

WINDSOR GARDENS



PERSONAL TRAINER

**Certificate IV in Fitness | First Aid | CPR |
Rumble Fit foundation skills short course**

SPECIALTIES

- ▶ Strength & conditioning
- ▶ Weight loss and toning
- ▶ Sports specific programming & conditioning
- ▶ Barbell strength training
- ▶ Nutritional guidance
- ▶ Womens health and fitness
- ▶ Boxing fitness /Rumble Fit

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