

mahimafitnesspt@gmail.com

*Derrimat 24:7 Gym*

# MAHIMA

## BEDI

WINDSOR GARDENS



### PERSONAL TRAINER

**Certificate III Fitness | Degree Qualified Trainer  
Accredited Exercise Physiologist | Registered  
Fitness professional | 8-year exp in the gym**

### SPECIALTIES

- ▶ Women's Health and Fitness
- ▶ Strength and Conditioning
- ▶ Muscle growth
- ▶ HIIT training
- ▶ Pain management

WINDSOR GARDENS



0432 394 993



@mahima\_fitness

