

jerynd16@gmail.com

*Derrimut 24:7 Gym*

# JERYN DOLAN

Fitness Coach

Oakleigh, VIC



## Personal Trainer

Certificate III & IV in Personal Training | First Aid | Body Builder

### SPECIALTIES

- ▶ Competition prep
- ▶ Altering body composition
- ▶ Sports specific training
- ▶ Postural analysis and correction
- ▶ Injury prevention and management
- ▶ Skin folds
- ▶ Weekly check-ups

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Oakleigh