

rubiaisgro121@gmail.com

Derriant 24:7 Gym

RUBIA ISGRO

PERSONAL TRAINER

Oakleigh, VIC



Womens Health Coach

Certified Health and Fitness Coach | AIF Certificate IV (Personal Trainer) |
Certified First Aid & CPR Professional

SPECIALTIES

- ▶ Strength coach
- ▶ Body recomposition
- ▶ Coaching women in their postpartum regain their confidence and strength
- ▶ Mental and emotional well-being
- ▶ Helping people to build long term sustainable habits
- ▶ Online and F2F Coaching

@rubsandbubscoaching

0402 766 452

Oakleigh