



A BIT ABOUT ME

I've been teaching dance, functional fitness, strength programs, HIIT, Step and Pilates for over 7 years now. I'm passionate about helping people be the healthiest, happiest versions of themselves through exercise, nutrition and healthy lifestyle choices.

I love that as a PT and fitness coach I get to be a part of people's health and fitness journeys - it's so rewarding being able to inspire, motivate and coach people to living their best life and smashing their goals!

EDUCATION & TRAINING

- Personal Trainer (PT National Cert III and IV in Fitness)
- Pilates and Pre-natal Pilates instructor (Studio Pilates)
- Dance Teacher (Australian College of Dance)
- Qualified Acrobatics Teacher (AcrobaticArts)
- Anatomy for Pilates (Studio Pilates)
- Progressing Ballet Technique

TRAINING INTERESTS

- HIIT training
- Strength training
- Long distance running
- Reformer and mat work Pilates
- Nutrition



LIZ

PERSONAL TRAINER
GROUP FITNESS

“ Discipline is the bridge between goals and accomplishment. ”

GET IN TOUCH

@liz_northfitpt