



## A BIT ABOUT ME

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Health and fitness has always been a big part of my life. I believe having a healthy mindset is key to creating a sustainable healthy lifestyle.

There is always something else to learn and being able to assist someone grow and achieve their goals is what inspires me most about studying the Certificate III and IV in Fitness. A healthy lifestyle not only changes your body, it changes your mind, your attitude and your mood and I love being a part of the Powerplay Team.

## EDUCATION & TRAINING

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- 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

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- 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**

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