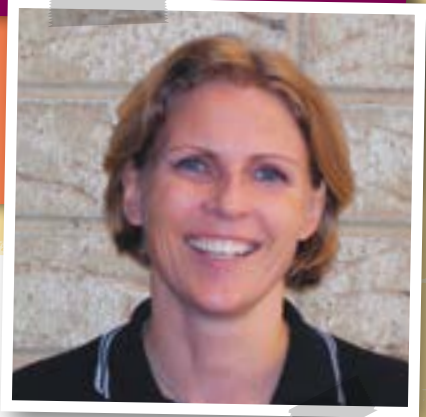




Staff Profile

HELENA

Assistant Centre Manager



QUALIFICATIONS

- Master in Sports Management
- Graduate Diploma in Management
- Senior First Aid
- BA Hons English Literature & Communication Studies

EXPERIENCE

- 4 years as a manager in the recreation and leisure industry
- 4 years in alternative management roles (London, UK)
- 4 years as a junior international tennis player
- 5 years as a tennis coach (Perth)

ABOUT ME

I have always been passionate about sport and fitness. Competing in elite level sport taught me the importance of health & fitness for physical and mental wellbeing... as well as winning! Teaching sport to people of all ages and abilities showed me the benefits that people gain from being active and achieving their goals. As a manager at the Morley Sport & Recreation Centre for the last 2 years, it has been so rewarding to see such a wide range of the community enjoying and benefiting from the activities the Centre offers. It is *my* goal to keep providing all of you with that experience.

BODYMINDSPIRIT

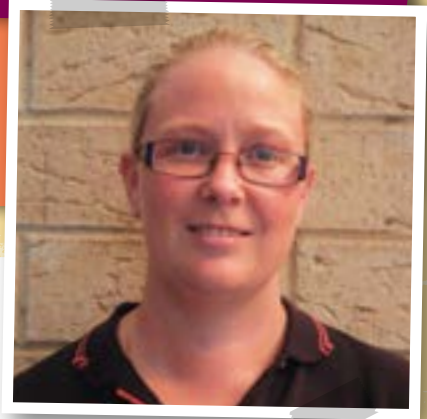




Staff Profile

RHIANNON

Client Services Co-ordinator



QUALIFICATIONS

- Senior First Aid & CPR
- Certificate I in Retail Operations
- Lower Back Pain Causes & Treatment Certificate
- Eating for Peak Performance & Sports Nutrition Certificate

EXPERIENCE

- 10 years customer service experience
- YMCA team member since Feb 2011
- Vibro Gym experience

ABOUT ME

Before joining the Y family, I was lacking in confidence. The Y family, both members and staff, have boosted my self-esteem and I've never been happier. With this new found confidence I have made considerable accomplishments, both professionally and in my well being.

I hope the Y improves your life as it has done for mine.

BODYMINDSPIRIT

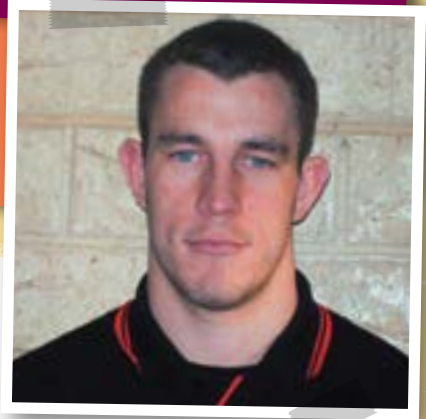




Staff Profile

BLAKE

Client Services Officer



QUALIFICATIONS

- Bachelor of Sports Management ECU
- Senior First Aid

EXPERIENCE

- YMCA team member since 2007

ABOUT ME

I've been here at the "Y" for 8 years. I enjoy the camaraderie between staff and the members and seeing people improve themselves through sport and fitness. In my spare time I like to be as active as possible with running, swimming, lifting weights and playing sports being among my hobbies.

BODYMINDSPIRIT





Staff Profile

REBECCA

Client Services Officer



QUALIFICATIONS

- Senior First Aid
- Certificate III & IV in Fitness
- Vibro Gym Accredited
- Kettle Bell Accredited
- Rip 60 Accredited

EXPERIENCE

- 6 years experience in the Health and Fitness Industry
- YMCA Morley Health Club Member since October 2009

ABOUT ME

I have always enjoyed being active and have played various sports throughout my life. I currently do indoor rock climbing and gym workouts. I have been working at YMCA Morley Sport & Recreation Centre for 6 years in various roles and really enjoy its family atmosphere. I am in my second year of Mechanical Engineering at Curtin University.

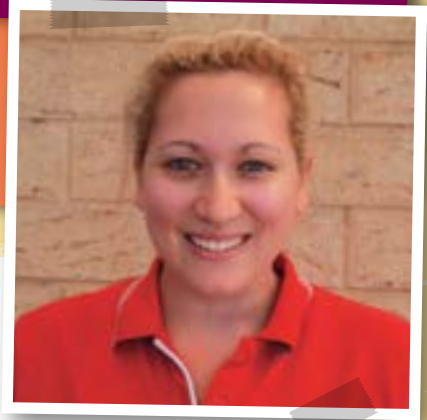
BODYMINDSPIRIT





Staff Profile

COURTNEY Personal Trainer



QUALIFICATIONS

- Certificate III & IV Fitness
- Senior First Aid/CPR
- Fitness Australia Registered
- Health and Wellness Coach
- Certified Punch Fit Individual and Group Boxing Instructor

EXPERIENCE

- Weight loss from 5kg to over 30kg
- Strength and conditioning
- Sports specific
- Focus on women's health and wellbeing
- Indoor and outdoor personal training and group fitness
- Toning
- Pre and post natal
- Rehabilitation

ABOUT ME

With a personal weight loss of 30kg, it inspired me to become a personal trainer to show others it can be done. I have helped clients lose weight, tone up and reach their fitness goals with some amazing results and great success stories.

BODYMINDSPIRIT





Staff Profile

LOIZA

Personal Trainer



QUALIFICATIONS

- Certificate III & IV in Fitness
- First Aid and CPR
- TRX / Rip 60
- Mechanical Lifting
- Punch Fit (Boxing)
- Kettle Bell Training
- Rehabilitation

EXPERIENCE

- Weight loss
- Sport specific
- Strengthening
- Rehab

ABOUT ME

In 2008 I was involved in a serious car accident that fractured my spine. Doctors told me I would never walk again. After 18 months of hard work I was back on my feet walking and running. This experience inspired me to share the power of the human body and the rewards that a strong mind and strong body can yield. Never give up! Set your fitness goals and I will ensure you reach them.

BODYMINDSPIRIT





Staff Profile

CSABA

Personal Trainer



QUALIFICATIONS

- Certificate III & IV in Fitness
- Suspension Training Essentials and Advanced

EXPERIENCE

- Personal training for individuals, in Cairns, Queensland
- Managing my own business

ABOUT ME

To me, my work in the fitness industry is an extension of my personal life. Wishing to teach others to live the way I live was the driving factor to my becoming a fitness mentor and trainer. I believe the number one priority is to have a healthy, happy and active life and wish to share my knowledge and experience with people wanting to keep me company on this path.

BODYMINDSPIRIT





Staff Profile

LORRAINE

Instructor



QUALIFICATIONS

- Registered Exercise Professional - Fitness Australia Accredited
- Senior First Aid & CPR
- LLLS Co-ordinator
- Les Mills Trained in: Body Pump/RPM/Body Balance/Body Combat/Freestyle Instructor including Spin, Fitball and TeenFit

EXPERIENCE

- 28 years' experience as a group fitness instructor
- YMCA team member for 14 years

ABOUT ME

I am married and have two children. During their childhood my children were subject to learning my fitness routines to help me prepare for my classes. Even now my daughter still thinks up choreography when she hears songs with a certain rhythm and complains I have ruined her chances of ever enjoying music.

My years of experience have taught me that health and vitality are of paramount importance, so my main motivation is to see people of any age group gain the most benefit from their lives in a healthy vibrant way.

BODYMINDSPIRIT





Staff Profile

PAM Instructor



QUALIFICATIONS

- Fitness Australia Certified Personal Trainer (Tafe Cert III & IV)
- Pilates Instructor
- Indoor Cycle Instructor
- Senior First Aid

EXPERIENCE

- I began working in the Fitness Industry in 1991 as a Certified Group Fitness Instructor and as a Personal Trainer since 2000.
- I have specialised in resistance and cardio training for weight loss, strength and body sculpture and have attended many conferences and workshops for Rehab training, Women's health, managing conditions and diseases with exercise, Fitball, Vibro gym, Kettle bell training, Suspension Training (Rip 60), Advanced Pilates and Living Longer Living Stronger.

ABOUT ME

I am married and have a son. I am a road cyclist and keep fit with cycling, running, resistance training and pilates. I don't encourage extreme diets and I eat carbs. I believe a natural balanced diet with additional protein supplements is the healthiest with room for chocolate and coffee of course.

BODYMINDSPIRIT





Staff Profile

SHARON Instructor



QUALIFICATIONS

- Certificate III & IV Fitness
- Senior First Aid
- CPR
- Group Exercise Leader
- Active After School Communities Coach
- Fitness Australia Registered

EXPERIENCE

- Group training
- Strength and conditioning
- YMCA team member
- Outdoor training
- Weight loss

ABOUT ME

Originally from Scotland, I have lived in Australia for 4 and a half years. Prior to entering the fitness industry, I served in the Royal Air Force (UK) for 16 years. I have always been passionate about fitness and love being able to motivate and inspire other to achieve their goals.

BODYMINDSPIRIT

