



SHANNON SLATER

 shannon_slater_pt

SPECIALTIES



STRENGTH &
CONDITIONING



TONE &
SHAPE



REHAB



WEIGHT
LOSS

ABOUT ME

I am South African with a bubbly with an outgoing personality.

I believe training shouldn't be seen as a chore but seen as a lifestyle. There is no age limit nor size required to achieving your goals/ results.

I can help you achieve your goals through functional, strength and resistance training.

QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness
- Kettlebell training
- TRX Suspension training

