

EMMA NEUBECKER



SPECIALTIES



HIIT
TRAINING



STRENGTH &
CONDITIONING



NUTRITION



WEIGHT
LOSS

ABOUT ME

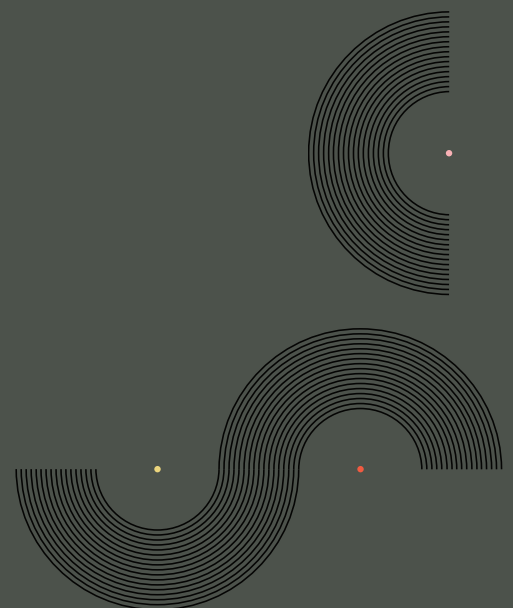
With over 7 year's in the Fitness Industry as Group Fitness Instructor and P.T, I have worked with a diverse range of clientele.

I have helped many clients achieve their goals, whether it be weight loss, nutrition support, rehabilitation from an injury to body composition transformations.

I have competed in two body building competitions and understand the mindset required to achieve bucket list goals. I will help to motivate you, keep you accountable and push you out of your comfort zone to achieve your personalised goals!

QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness & Personal Training
- Metafit & Metapower HIIT Instructor
- Les Mills Body Combat Instructor
- Freestyle Core & Boxing Class
- Resistance Coaching
- Level 1 Metabolic Precision Nutrition
- Aqua Group Fitness Instructor



YAWA.
AQUATIC CENTRE