

Kristoffer Heathcote

Personal Trainer

0428 094 024

Qualifications

Cert 3 and 4 Fitness

Boxing Coach

Zuu Level 9

Experience

Over 5 years experience in industry

3 years Gym management

4 years group and outdoor fitness



I am extremely passionate about health and fitness. I absolutely believe it can be a necessary catalyst for self development and general well being. General cardio style fitness , weights training and stretching can have a massive impact on an individuals quality of life and mindset.

Personally I have experienced massive changes due to an increased healthy active lifestyle. I have seen a complete shift in mindset as well as total body composition change. It has also been instrumental in treating past problems with anxiety and depression.

I only wish to pass on these experiences so others to can benefit from safe and practical training techniques.

No matter what the age or fitness level I can help.

Call today

Free consult

1st session Free

