

Southport Yacht Club GYM

Natalie (0405 638 769)

Hello, My name is Natalie. I am very excited to be at the SPYC gym and to provide a much needed Female Personal Training service! I have been helping people love themselves for 20 years with my passion for how physical activity can improve the way we think and feel.

I believe we are all supposed to look different reaching for our own personal best while enjoying the ride! My Style of training is therefore varied, fun but effective.

From functional training, Strength, Core Strength, flexibility, floor Pilates, body sculpting and wellness coaching! Come and say hello at the gym, I will gladly answer any related questions or demonstrate the equipment available.

Kristoffer Heathcote (0428 094 024)

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.

To book in or for further information contact one of the personal trainers:

Kristoffer - 0428 094 024 or Natalie - 0405 638 769

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