

SHARON VAN GEELEN

Health Club Manager



SPECIALITIES



Strength and Conditioning



Form & Technique



Pilates Fitness



Muscle Gain (Hypertrophy)



Powerlifting



Movement Specialist

QUALIFICATIONS

☆ Certificate III in Group Fitness

☆ Diploma of Pilates

☆ Certificate IV in Personal Training

☆ Certified Nutrition Coach

ABOUT ME

For the past 10 years I have been working in the space of movement, working across those that require rehabilitation to those that want serious gains in the gym.

I absolutely love seeing people's physical form evolve, whether it be simply standing more upright to getting and looking stronger. I work across both Pilates and strength training disciplines.

Aside from my qualifications, I am also an assistant educator for Polestar Pilates helping prepare students for exams and am currently studying Pilates for neurological conditions.

I have also competed in a body building physique competition, as well as powerlifting competitions, racking up a total of 382.5 kilos across bench, deadlift and squat. Aiming to hit that magical 400 kilo total!

My own training is a necessity as part of my weekly routine, working with experienced coaches and always learning, I always like to say I'm building my 'old persons' body. I plan on keeping up with the best of them! Including my family!

In my past life I worked in corporate advertising but now my focus is on giving my clients a positive movement experience each time we meet.