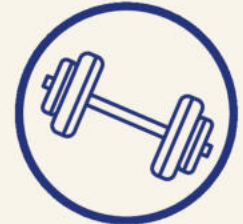


MONICA MERY

SPECIALITIES



Strength and
Conditioning



Resistance
Training



Women's Health
and Fitness



Olympic
Weight Lifting



General
Fitness



QUALIFICATIONS

☆ Certificate III in Group Fitness

☆ Certificate IV in Personal Training

ABOUT ME

I have been a gym instructor/PT for over 6 years now and I've been lucky enough to work with a number of outlets that have given me a broad range of experience across many different disciplines.

I've taught HIIT, circuit training, strength and conditioning, Olympic lifting, running and Crossfit. Of all the disciplines, I have a soft spot for coaching Olympic lifting for beginners. I love seeing the progress in confidence.

Overall, my focus is clear and this providing health and fitness for the overall general population.

I myself, enjoy strength and conditioning training - combining that with Pilates for recovery, I play competitive Netball and am part of a running club.

Outside of sport, I love my dog and love to travel regularly, often visiting family members in Colorado.