



PERSONAL TRAINER

KARINA HALL

My interest and passion for fitness and health has been an evolving lifestyle change. I am passionate about helping people make positive changes to their lives and believe that everyone can benefit from functional training. I am excited to bring my skills and qualifications to help you achieve your goals.

SPECIALTIES

- Functional Training
- Kettlebells

QUALIFICATIONS

- Senior First Aid / CPR
- Master Functional Trainer
- Powerbags
- Certificate IV Fitness
- Master Trainer
- Level 1 & 2 Kettlebells
- Certificate III Fitness
- Level 1 Boxing
- Battling Ropes
- Suspension Training