



PERSONAL TRAINER

KATIE PENROSE

Since I was a kid, I can remember always being active and into Sport & Exercise. I have played many sports throughout my life and competed at many levels. I want to help others achieve their goals in Health & Fitness. I believe that if you really want to achieve something you can if you put the hard work in.

INTERESTS AND ACHIEVEMENTS

I love health & fitness as a part of my everyday life. Best thing for me training my clients is them seeing that if they put in the hard work they will see results. Working out & playing sports is one of my favorite past times. Highlight of achievements include playing Football for my county throughout the years & internationally.

INDUSTRY EXPERIENCE

- Health & Fitness consultant for the Fire Brigade for over 2 years
- Gym instructor for over 1 year
- Personal Trainer for over 1½ years
- Club Manager for over 1 year

QUALIFICATIONS

- Diploma Sport & Exercise Science
- Level 3 Personal Trainer
- CPR
- Level 2 Gym Instructor
- Senior First Aid
- Registered with Fitness Australia

Club Manager
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