



PERSONAL TRAINER

NAOMI BAILLIE

“I started my own lifestyle change 6 years ago. I became addicted to everything health & fitness and wanted to know more. So I completed my course in personal training and have never looked back! I am passionate about helping people and personally understand not only the physical challenges you can face on your journey, but also the mental ones. Hence why I decided to start my own PT Business so that I can help people both- Body, Mind and Spirit!

I personally love weight training, and boxing but will strive to work with each individual client to find a training method that will suit them, and that will achieve their goals!”

Nothing Is Impossible

QUALIFICATIONS:

- Fitness Australia Registered
- Certificate 3 & 4 Fitness
- Thump Boxing Advanced Instructor
- Bootcamps Australia Instructor

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