



# Yaralla Fitness Centre

PERSONAL TRAINER



AMY-LEE PARRY

**Qualifications:** Certificate III in Fitness

**Specialty:**

- Weight Loss
- Body Tone & Sculpting
- Weight Training
- Strength Training

**Trainer Info:** Amy is young, enthusiastic and ready to assist you in reaching your goals. Amy is a talented sports woman, representing in Rugby League, Touch football and Netball. Amy has also recently competed in the INBA Federation in both Fitness and Figure categories placing in all of her categories.

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