



Yaralla Fitness Centre

PERSONAL TRAINER



BEC PROUDE

Qualifications: Certificate III in Fitness
Certificate IV in Fitness
Les Mills GRIT

Specialty:

- Weight Loss & Gain
- Outdoor Training /Bootcamps
- Children Training
- Rehabilitation /Disability Programmes

Achievements: Bec is full of experience and youth! She has been in the fitness industry for over 5 years. Playing representative hockey from a young age, Bec has always had a passion for fitness and assisting others. She also has the ability to help you reach your full potential.

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