

HOLLY BROWN

SENIOR COACH | GROUP INSTRUCTOR



QUALIFICATIONS

Cert IV in Fitness (Personal Training)

Cert III in Fitness (Gym Instructor)

Cert in Diet & Nutrition

Punch Fit Trainer (Boxing)

Senior First Aid & CPR

ABOUT HOLLY

Holly has her Certificate in Personal Training, Diet and Nutrition, and Punch Fit Training (Boxing). Holly believes that life is better when you feel fit and healthy, and she loves helping people of all ages, shapes and sizes achieve that goal.

Fitness and health is not only about maintaining weight but having a strong heart, body and mind and feeling confident and energetic. She believes in reaching these goals by finding a balance between great nutrition, training hard and having fun along the way.

"My training sessions focus around increasing fitness and strength and reducing body fat using high intensity interval training"



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