



Aline Palloure

PERSONAL COACH | STRENGTH AND CONDITIONING

Aline has been part of the health and sport and recreation sector for many years, first as an athlete and now as a personal trainer, swimming and triathlon coach. For every individual, resistance-based strength and conditioning is an integral part of health and well-being, athletic performance and body composition changes.

“With me as your coach, you can expect to train hard, train smart and get results”

QUALIFICATIONS:

- Bachelor of Exercise Science (currently completing)
- Strength and Conditioning Coach (ASCA)
- Certificate IV and Certificate III in fitness
- Triathlon and Swimming Coach

OPEN 7 DAYS A WEEK

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