

Re-Creation Carnegie Personal Trainers

Personal Training is only available from Re-Creation Carnegie Personal Trainers

<p align="center">Brendan Hickleton</p> <p>Brendan (Hicko) has been a Full time Personal Trainer for 8 Years. He has extensive experience in weight loss, body shaping, strength and conditioning, boxing and his passion for perfect technique in body building. His clients range from the elderly and middle aged through to athletes. With eight years knowledge he understands that the process of creating change starts with the right attitude and psychology. Through speaking words of life into his clients and genuinely caring about their goals he gains successful results.</p> <p align="center">0414 733 351</p>	<p align="center">Gavan Turner</p> <p>As a professional boxing trainer and regular marathon competitor, Gavan follows the principles of athletic performance training, the basis of his exercise model is an overall feeling of well being. He will create a goal that is not a number or a look but a state of mind. The number and look will follow, Gavan will help give you confidence that will extend to all aspects of your life and help you achieve the goals you came for!</p> <p align="center">0415 933 614</p>
<p align="center">Jess Rowlands</p> <p>If you're looking for a trainer who offers motivation, inspiration and challenges you safely, while ensuring you achieve success then look no further than Jess. Our Gym Team Manager will provide the support & structure you require on your journey to better health and fitness!</p> <p align="center">0412 279 171</p>	<p align="center">Felicity Olpp</p> <p>Working as a personal trainer Felicity enjoys training people with a wide range of goals and issues. She specializes in weight loss, core conditioning and nutritional improvements. Through common sense, hard work & fun she will help you achieve your health goals.</p> <p align="center">0401 367 229</p>
<p align="center">Frank Lennard</p> <p>Having personal experience with fat & weight loss, our Group Fitness Manager Frank will ensure whatever your goal is it will be achieved. With a combination of fun, hard work and self discipline he will share how he lost 30kgs in 12 months and has never looked back. Frank will support and guide you with a variety of training methods so you too see results!</p> <p align="center">0413 001 026</p>	<p align="center">Ina Gutowska</p> <p>Inna is our newest addition to the Personal Training Team. Her background is in Dance and Gymnastics. Inna has boundless enthusiasm and passion for Fitness and would love to help you look better, feel better and be fitter, stronger and healthier. She is our "Pocket Rocket"</p> <p align="center">0434 984 660</p>
<p align="center">Kerima Potemkin</p> <p>A creative, talented personal trainer who can individualise a program to ensure you see results. Kerima will keep you accountable on a personal level so you understand not only the how, but why it is so important to have correct technique. She has 15 yrs weight training experience and will bring out the best in you!</p> <p align="center">0418 329 106</p>	<p align="center">Dean Kobatsiari</p> <p>With a background in Martial Arts Dean is our <i>Secret Weapon</i>. He works with clients from all fitness backgrounds; beginners through to gym savvy members helping everyone achieve results no matter what their goal. Dean is also one of our popular Boxing Instructors and has a sound knowledge of nutrition and diet requirements.</p> <p align="center">0421 725 466</p>

To truly see results both in the short and long term we recommend "Personal Training" with one of our *"In House Trainers"*

They will keep you motivated and encourage you to reach your full potential.

Our Personal Training Rates Are:

30 Minutes	\$40
60 Minutes	\$60
Multi Visit Pass 5 Sessions (30 Mins)	\$175 (\$35 per Session)
Multi Visit Pass 5 Sessions (60 Mins)	\$275 (\$55 per Session)

Please ensure that all payments are finalised through reception prior to the commencement of your training session.

To make an appointment either call a Trainer or enquire at Reception.

03 9569 0054 – Reception