

# ONE LIFE. ONE BODY.

Meet our **ADVANCED** Personal Training Team  
One of them could change your life forever

## ANGELA FRISWELL

Have you ever trained hard but didn't get results you expected? Have you ever had a program tailored not only for your body type but also your posture? Why not try a fresh approach and call Angela. Recently Angela finished her cutting edge training in Self Myofascial Release (SMR) & Mobilises. Using SMR she can target the right area to achieve the right results. A mother of 2, Angela understands life can put obstacles in our way. Her key to success is building a program around each client's needs and then coaching them to become their own motivator.

**0407 342 962**

## JACOB SCHEPIS

As a qualified personal trainer and tennis coach, Jacob is a highly motivated individual who is committed to enhancing your fitness and general well being by creating a positive training environment. With experience playing football in the VFL as well as competing at a national level for tennis, you can guarantee this dedicated health enthusiast will put you on the right path to implementing and achieving your individual goals. Whether you want to pack on lean muscle, shed those extra kilos or maintain a healthy lifestyle, Jacob will tailor a personalised program that will suit your needs. Don't hesitate, make a change today! Call Jacob on

**0439 639 034**

## Alannah Pooley - (BSc Nutrition)

Qualified Nutritionist

"Realistic eating plans tailored to suit your lifestyle"

- Sports Nutrition
- Weight Loss
- Bowel Dysfunction
- Cholesterol / Heart Health
- Diabetes

"Good Nutrition can be quick cheap & easy!"

**0411 301 039**

## Sarah Holmes Exercise Physiologist

Masters in Exercise Rehabilitation Sarah uses exercise based treatment for your Rehabilitation, Fitness and Health needs. Services cover Musculoskeletal, Neurological, Cardiorespiratory and Metabolic conditions as well as specific health and fitness goals. Group classes, personal sessions and programs available. To make an appointment please contact reception or call

**0429 400 968**

## Melanie Rivers Nutrition

- Weight Loss Programs
- Health & Wellness Coaching
- Lifestyle modification programs for diabetes, high cholesterol, high blood pressure and metabolic syndrome

Phone: **0432 585 670** Email: [melanie@melanierivers.com.au](mailto:melanie@melanierivers.com.au)

Website: [www.melanierivers.com.au](http://www.melanierivers.com.au)

## MATT ZENNER

Is qualified in Certificate 3 and 4 personal trainer and is a VibroGym trainer. With a background in senior football you will certainly be in the hands of a motivated and dedicated trainer. Want to know more? Give Matt a call on

**0433 324 025**

## MAX RESULTS PERSONAL TRAINING

### MATT ROBERTS

Has been a personal trainer for over 20 years. His industry experience is backed with a tertiary qualification, (Bachelor of Applied Science In PE) so you can have complete confidence that you are training with a conditioning and physiology expert in a safe, challenging environment. His philosophies are based around creating a healthy lifestyle and he aims to help you achieve your potential. Commit, Dedicate, Achieve!!

**0411 237 262**

### TOM CAMPBELL

Is the latest addition to the Max Results Team. Backed with a tertiary qualification, (Bach, of App Science in Human Movement), Tom is well versed in the latest and most up to date training techniques coupled with his advanced physiology and conditioning knowledge ensuring Tom will help you really fulfil your potential and achieve 'Max Results'. Tom is easy going, yet his highly professional approach has made him popular and highly sought after as an up and coming personal training

**0437 327 174**

## JOYCE GARRO

With over 20 years of achieving quality results with clients, Joyce is qualified in floor and reformer Pilate's instruction. Joyce also has a strong background of core conditioning along with women's health programs. If you require efficient Vibro Gym training or improve your functional movement, Joyce is the trainer for you.

**0409 180 100**

## MELISSA MAKRIDES

Melissa's dedication to health & fitness means that you will achieve your goals with confidence & ease. Having a wide range of experience in sport & fitness training, Mel will provide you with a fun, positive and challenging experience. To find out more and change your outlook on life. Call Mel on:

**0401 211 407**