



Contact Details

Email:
bringitonmissy1@gmail.com

Phone:
021 1464207

www.keepfitmatakana.co.nz

**KEEP
FIT**
MATAKANA

MISSY RAWIRI

PERSONAL TRAINER

Personal Summary

As a Personal Trainer with 17years experience based at AUT Millennium I am always passionate about my profession, drive and ability to help my clients achieve their goals

You will find my personalized workouts fun, varied and challenging, which will keep you interested and motivated

Contact me and lets get started

Training specialties

- Personalised programmes
- Weight Loss & Toning
- Core & Strength Training
- Rehabilitation Knees, Shoulders
- Sports Conditioning
- Buddy Sessions
- Easy Nutrition Guidelines

QUALIFICATIONS AND ACHIEVEMENTS

- Cert. Fitness Instructor
- Cert. Personal Trainer
- Cert. Spin Instructor
- Reps Registered Personal Trainer

WORK, LIFE, BALANCE