



# KELLIE MOONEY

 kmptfitness

## SPECIALTIES



HIIT  
TRAINING



ENDURANCE



REHAB



SPORTS  
PERFORMANCE

## ABOUT ME

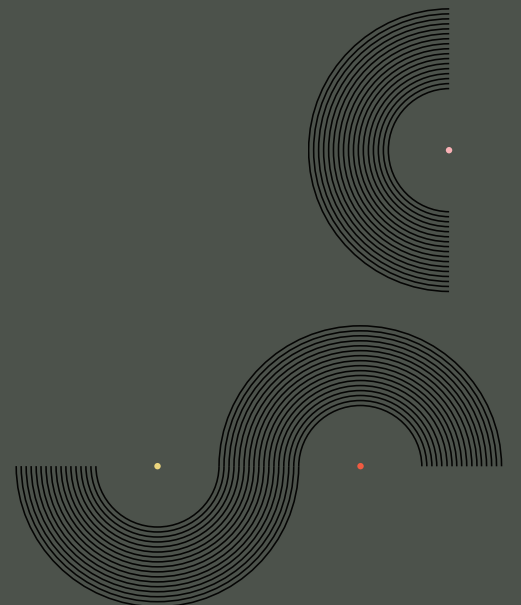
I am currently undertaking my Master's degree in Exercise Physiology. I have a super keen interest in the way the body responds and adapts to exercise.

I'm a qualified Exercise Scientist, have a Graduate Certificate in Human Nutrition and many years experience working as a PT and Group Fitness instructor.

I'm a marathon runner, competitive MTB rider and have a general interest in most sports.

## QUALIFICATIONS

- Bachelor of Exercise & Sport Science (ESSA Accredited Exercise & Sport Scientist)
- Graduate Certificate in Human Nutrition
- Bachelor of Recreation Management
- Cert III in Fitness
- Cert IV in Fitness
- TRX Suspension Training
- Level 1 Boxing Coach
- Pre & Postnatal Exercise



**YAWA.**  
AQUATIC CENTRE