

NICK SPERANDIO

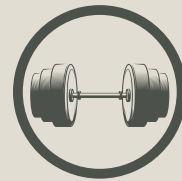
SPECIALTIES



FLEXIBILITY
& MOBILITY



WEIGHT
LOSS



RESISTANCE
TRAINING



BODY WEIGHT

ABOUT ME

With over five years of comprehensive experience in the fitness industry, I bring a wealth of knowledge and expertise in personal training, gym floor management, and group fitness. My diverse background in health and wellness enables me to effectively engage and inspire the Yawa community.

I am dedicated to building meaningful relationships with each member at Yawa, encouraging them to adopt healthy lifestyle choices through personalised training sessions. In addition to my coordinator responsibilities, I also lead Trigger Point Therapy classes, showcasing my passion for muscle recovery and injury prevention techniques. I'm committed to fostering a supportive and motivating environment, and I look forward to helping members achieve their fitness goals.

QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness
- Certificate in Diet & Nutrition
- Certificate in Trigger Point Therapy
- First Aid & CPR

YAWA.
AQUATIC CENTRE