



MEET YOUR TRAINER



You will get Results...

Hayley Parkinson

**Certificate III and IV in Fitness
Fitness Australia Level 1 Personal Trainer
Trainer for Children and Older adults
Gecko Kids Fitness Instructor
Certified in Nutrition
First Aid Qualified
Group Training Instructor**

Personal Training - an investment that will last you a lifetime

After having a child I battled some real weight issues. My focus is now on helping people understand how they can have a healthy relationship with food and exercise, and maybe even love it! I understand how hard it can be to get motivated and feel empowered, I've been right where you are, for this reason alone I chose this career, to help people realize their potential and be the best you, you can be! Come in and see me for a friendly chat and a plan for the future!



Let's get started
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