

Re-Creation Sandringham Personal Trainers

Working with a Trainer is one of the fastest, easiest, and most successful ways to improve your health and fitness. Today Personal Trainers are used by people of all fitness, age and economic levels to help them make lifestyle changes that they find difficult to achieve by themselves. If you would like the extra motivation of using a Trainer simply call one of the Trainers listed below for a free, no obligation consultation.

<p># PETER EDGECOMBE</p> <p>With over 25 years in health & fitness, Peter is a vastly experienced Personal Trainer and Certified Kettlebell Instructor, who knows what it takes for you to achieve the results you want. If you are serious about your health and wellbeing, or just not sure what you should be doing to achieve your health goals then contact Peter today for a free consultation and get on track to a healthier, happier you.</p> <p>(M): 0404 611 201edge@gensei.com</p>	<p># CHRIS KATHROS</p> <p>Chris is a motivating and challenging personal trainer who will push you beyond your limits. Coming from a body building background, Chris caters to everyone in everyday life. Improve the quality of your life.</p> <p>(M) 0419 341 548</p>
<p>RHETT KRAUSE</p> <p>Rhett has only ever wanted to be a personal trainer! His passion, dedication and desire to help will not only help you achieve your health and fitness goals but he will tailor a program that will give you order and structure, keeping his finger on the pulse at all times. If it is weight loss, strength and conditioning or all round fitness you are after, Rhett is the personal trainer to take you there.</p> <p>(M) 0422 076 867</p>	<p>MANDY LEE</p> <p>Mandy has been in the fitness industry as a gym & aerobics instructor for 19 years. Mandy is highly skilled in her field and is now educating clients in the correct techniques to maximize the benefits of Pilates and has achieved many success stories.</p> <p>(M) 0417 369 437</p>
<p># LYNETTE MILLER - ASCEND FITNESS</p> <p>Lyn is a walking advertisement for those who not only train for fitness and strength but also require advice and guidance on dietary needs.</p> <p>Lyn has been overweight and obese for most of her life and she has been successful in transforming her clients bodies as well as her own through training, diet & lifestyle changes.</p> <p>"Sometimes its the small changes that can make the biggest differences"</p> <p>(M) 0408 802 270</p>	<p># DOMENIC PRONESTI</p> <p>I got into personal training several years ago due to a few back accidents in my former work. During this period I had put on a lot of weight and really needed to get myself feeling good again so I began studying fitness as a way of losing the weight and developing a new career. I have developed my own unique style in weight loss, group fitness, sport specific and strength training. Since then I have helped many people with a range of issues to reach and maintain their goals.</p> <p><i>*Level 1 sports and conditioning coach, *Sports nutrition/injury rehabilitation, *Cert iii & iv *Group fitness Instructor, *Life coaching, *Results guaranteed.</i></p> <p>(M) 0409 258 866</p>
<p>KAREN ROYLANCE</p> <p>"Time For You Personal Training"</p> <p>Then call Karen to help support and guide you through a safe and effective exercise program especially designed for you. Let me show you how being fitter can improve your quality of life.</p> <p>Especially suited to the "baby boomer " generation.</p> <p>(M) 0419 573 441</p>	<p>LARISA SESIN</p> <p>Looking for something different?... Need renewed motivation? Larisa can help you with fat loss and nutritional guidance, resistance training, sports rehabilitation, exercise for pregnancy and sports specific conditioning.</p> <p><i>"My passion is to help people exceed beyond their own expectations"</i></p> <p>(M) 0412 201 221</p>
<p>JASON ZIAEI</p> <p>(M) 0401770960</p>	
<p>TREATMENT AREA SERVICES</p>	
<p>NATURES FORMULA</p> <p>Experienced massage therapists who offer a range of massage treatments in a tranquil environment. Styles of massage include Relaxation, Remedial, Hot Stone, Pregnancy and Shiatsu.</p> <p>Book at Reception</p>	<p>SKINS@RE-CREATION</p> <p>Situated in the Treatment Area. Mandy specializes in Brazilian waxing and spray-on tanning. Best spray tan in Melbourne.</p> <p>(M) 0425 848 884</p>