

KATEE

“Success means having the courage, the determination, and the will to become the person you believe you were meant to be”



Katee Pedicini - Bachelor Exercise Science

For the past four years as a personal trainer Katee has supported her clients in changing unhealthy behaviors and in turn, be accountable for healthy behaviors. These skills ultimately haven given people long lasting results as their values around health and wellness change. As a triathlete Katee knows that results require dedication, so if you want to achieve;

- Weight and Fat Loss
- Muscle Definition & Tone
- Cardio Fitness Endurance
- Injury Rehabilitation & Prevention
- Triathlon & Running Programs
- Improve mental wellness and self esteem

Act now!

Katee believes in a holistic approach to training that focuses on individual differences and needs. No training session will be the same as she combines experience and innovation to bring you a fun and effective workout.

Qualifications

- Bachelor of Exercise Science - Major Psychology (Australian Catholic University)
- Certificate III & IV Fitness (Kinect Australia)
- Level 1 & 2 Boxing Instructor (Fitness Kick)
- Currently Completing Certificate IV Life Coaching
- Senior First Aid

I started personal training with Katee in January and have not once regretted training with her. She is an enthusiastic, approachable and determined trainer and loves what she does (even at 5:50am!)

Charlotte

KIMI

“If your body is functioning correctly, goals become much more achievable.”



kimi Knight

Kimi Specializes in rehabilitation and corrective, functional exercise. She offers clients a functional assessment where she looks for muscle imbalances and quality of movement. Each session involves specific exercise sequences to address her client's body's needs. Kimi's unique set of skills allows her to training the weekend footballer to post natal mums to senior clients. Her method of training is diverse, safe, fun and effective! You will be finding all sorts of muscles you never even knew you had!

Qualifications

- Certificate III Fitness
- Certificate IV Fitness
- First Aid
- CPR
- Pilates Instructor
- Group Fitness Instructor
- Aqua aerobics Instructor
- Kickfit boxing Level 1 and 2

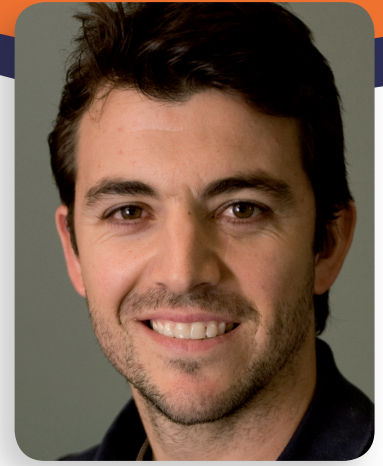
Does Kimi want to have a quote from someone?

Anonymous



DEAN

“What you pay attention too you get more of”



Dean Casamento - Business owner

It's wasn't competing in junior athletics at a national level or playing football at a state level that opened Dean's eyes up to the importance of optimal health and wellness. It was being exposed at a young age to the total opposite that drove Dean's passion for health, fitness and more importantly...Life!

In 2007 Dean took his passion nation wide, having the opportunity to work on National TV show “9am with Dave and Kim”. For 12 months Dean presented live case studies in which his clients lost between 26kg - 46kg kg over a period on 6 months. He presented many topics to viewers, from “Overcoming Weight loss plateaus and emotional eating triggers” to “how to use polar heart rate monitors”.

Dean has a strong belief that every individual already has the capabilities, skills and knowledge to achieve success in every part of their lives. It's about asking the rights questions and providing the right support to facilitate lifelong habit change that is the key to success.

Qualifications

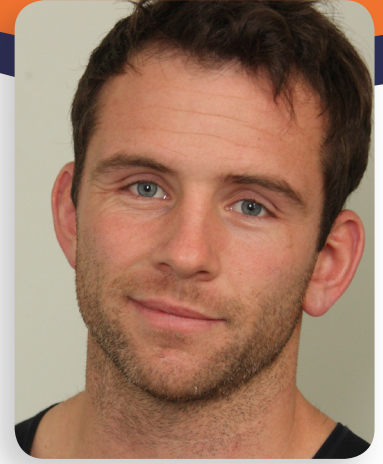
- Bachelor of Applied Science Human Movement (BHMS)
- Certificate IV Personal and Business Coaching
- Cert III and Cert IV in Personal Training
- Metabolic Jump Start Coach Level I
- Effective Movement Trainer (EMT) Certification
- Fitness Australia Pilates Instructor
- Punch Fit Boxing Trainer
- Level I Coach - Australian Boxing Academy
- “Smart Shape” Certified Weight loss Coach
- “Centrality” Advanced Postural Assessor

“Working out with Dean was the best move I ever made. I lost 3% body fat and 5kgs in 6 weeks. Dean is tough but gets great results. All my family and friends have started working out with Dean too!”

Claire

ADAM

“Wilderness is not a luxury but a necessity of human spirit.” Edward Abbey



Adam Pedicini

For Adam “getting out there” is what life is all about, and he is a true testament to the saying, “Walk your Talk.”

He has a passion for outdoor adventure and experiencing the purity of what mother nature has to offer, truly understanding the importance of a healthy lifestyle and the flow on effect it can have in the rest of your life. With a need to be at peak performance in his personal life, he has come up with new and ‘creative’ ways of taking the mundane out of training.

With a strong emphasis on correct technique and postural alignment (through his dance training), you will find your self getting more and achieving new goals physically. His sessions match himself as a person: fun, hard working, diverse and unique.

Take the boredom factor out of your training! Rediscover yourself and achieve things you never thought possible. With Adam’s motivation and diverse training skills, maybe you too can contemplate a 6 hr multi-sport marathon race with no training...or at least with a little of his help!!

Qualifications

- Certificate III in fitness
- Certificate IV in fitness
- Senior first aid
- Level 3 Kettle Bell Instructor
- Punch fit trainer
- All round super guy

“The best thing about training with Adam is the variety. Each session is different and fun and he works with my strengths and weaknesses. I always feel great afterwards and now training has become a big part of my life.”

Olivia

GERALD

“Mind and body in training are what create infinite evolution”



Gerald Molnarffy

For Gerald, health and fitness is his way of life. He loves the feeling of pushing his mind and body to the limits that is why he is REALfit's specialized kettlebell instructor. The kettlebell, developed in the 1700's is a form of exercise that Gerald has been able to adapt to modern life allowing his clients to reach their highest level of physical and mental toughness. Even with the dynamic nature of KettleBells, Gerald has the ability to teach his clients to be in sync with their bodies and minds. If you want a trainer that will maximize sporting performance, overcome that stale feeling you get with your typical gym workout or bust that weight loss plateau Gerald's training style is for you.

Gerald specializes in:

- Strength and conditioning
- Flexibility through yoga practices
- Functional movement systems and corrective exercises
- Risk assessment for injury prevention
- Kettlebell Training for strength and weightloss

Qualifications

- Certificate III & IV Fitness - Kinect Australia
- Senior first aid
- Level 3 Kettle Bell Instructor
- Punch Fit Boxing trainer

“While I originally began training primarily with a goal for weight loss and improving strength for my work as a yoga teacher, what I have achieved and learned in that time has been that, and so much more.”

Emily

GURJAN

“Balance your life with training and optimal eating to improve your quality of life”



Gurjan Ustundag (Gooch)

Gurjan has been involved in sport and fitness for most his life playing top level professional soccer and training in mixed martial arts. He offers his clients diverse and exciting training methods which are fun and enthusiastic and suited for ones individual goals. Being a qualified chef for 11 yrs and having 2yrs experience as a sports supplement/vitamin specialist Gurjan passion is to support his clients through the weight loss journey. His tools are planned and tasty food recipes, supplementation when needed and training.

Gurjan's unique skill sets include:

Weight loss / Nutrition advice / cooking / supplementation / martial arts

Qualifications

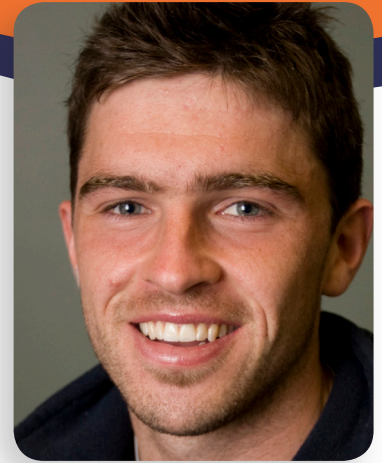
- Certificate 3 in fitness
- Certificate 4 in fitness
- Senior first aid
- Qualified chef for 11 yrs
- Punch Fit Boxing trainer
- Registered fitness Australia professional weightlifting power coach level 1
- Level 1 kettlebell instructor

Gurjan's is a fantastic trainer, a qualified chef and his knowledge of food is amazing. You can always contact him and get advice on diet or exercise and it all comes as part of an overall package when you decide to train with him.

Joe

KRIS

“The extra mile is never crowded”



Kris Pendlebury

As a junior athlete Kris dedicated a large part of his life to sport. Today Kris plays at the highest level of football in Australia. Did the commitment, dedication and determination pay off? Absolutely! Through personal experience, Kris knows that whatever you put your mind to you can accomplish. So for Kris, providing you the support to make your health and fitness goals a reality is his unique performance indicator.

Kris's specialities include:

- Strength and Conditioning
- Sports specific fitness
- Body building & Sculpting

I love the structure and the variety in each of Kris's sessions. They are highly engaging, stimulating and demands total focus. I can honestly say that I have never felt the level of strength and conditioning as I have training with Kris.

Felix

MAHAL

“Believe in one’s self and the possibilities are endless”



Mahal Rovira

Mahal doesn't just talk it...he has lived it! Mahal has personally experienced what it is like to be overweight. He too experienced the physical, mental and emotional challenges that his own clients face today. Mahal's staggering transformation from being 30kgs overweight to not only reaching a healthy weight but turning this weight loss into a career allows him to share with his clients an insight and understanding that many veteran personal trainings could never share.

Mahal's specialties include:

- Weight loss
- Cardiovascular conditioning
- Muscular conditioning

Qualifications

- Certificate IV in Personal Training
- Senior First Aider
- Master Trainer
- Black Belt First Dan
(Tae Kwon Do - 8 years experience)
- Club Weightlifting
Sports Power Coach I License



