



# HEALTH CLUB

Erin Edouard



## **Qualifications:**

Certificate 111 in Fitness

Kids & Fitness

Certificate IV in Personal Training

Swimming Teacher

## **Specialties**

Functional & Core Training

Choosing training techniques to suit the needs of individuals

Great at using my overall knowledge in fitness & health to educate & motivate while creating an enjoyable, fun environment.

## **Quotable Quote**

*“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic & creative intellectual activity” John F Kennedy*