



Health Club



Stephen McDonald (Macca)

Qualifications:

Over 20 years experience in Sport & Fitness industry both as an athlete & trainer

Cert.3 in Fitness

Cert 4 in Personal Training

Diploma in Fitness & Nutrition

Experience

Over 20 years experience in the Sport & Fitness industry

NSW gold medallist in swimming & National Representative

Quotable Quote

“Champions are the ones who do those boring/mundane things even when no one else is looking”

Specialties

Strength Training & Muscle Building
Sports Specific Training

Weight Loss

Boxing Fitness