

AMY AUMATAGI

PERSONAL TRAINER

Exercise not only changes your body; it also changes your mind, your attitude and your mood. That's why I'm passionate about helping people prioritise time for their health and fitness goals.

Whether you are a seasoned gym-goer or new to the environment, lacking confidence to try something new can prevent you from reaching your full potential. I'll help you build confidence to start your fitness journey or to take it to the next level.

EXPERIENCE & QUALIFICATIONS

Level 4 Exercise Programming
& Training

Been in the fitness industry since 2022

Hobbies & Interests:
Sports, Running & Walking, the Beach

SPECIALISING IN:

- Personal Training
- Strength Training
- Weight Loss
- Women's Health & Fitness

