

Michelle

Personal Trainer

Areas of expertise

Foam Rolling and mobilization techniques

Cardio (Interval & HIIT) training

Functional Training

Athlete conditioning (sport specific training)



About me

Michelle (Milly) is a local born and bred Melbournian, having grown up and attended primary and high school in Mill Park. Milly enjoys spending time watching AFL and Super Netball as well as the cricket. She currently plays Aussie Rules Football for West Preston Lakeside Roosters. Milly worked in the finance industry for 20 years and has found her heart belongs in the fitness and wellbeing industry.

Milly finds fulfilment engaging with members and enjoys the social aspects that exercising can bring. She understands what drives someone to make change and enjoys assisting them to achieve their goals, as well as the satisfaction of guiding someone to succeed and see improvement in themselves - not only physically, but also emotionally.



Qualifications

- Certificate IV in Adventure Tourism (double cert IV in Outdoor Recreation and Tourism - Tour Guiding)
- Certification III in Fitness (Instructor)
- Certificate IV in Fitness (Personal Training)

Mill Park
Leisure

