



Dela

Personal Trainer

Areas of expertise

General Fitness

Strength Training

Sport Performance

Female Training

About me

Dela is currently in her final year of Exercise and Sport Science at Deakin University. Her career commenced at Mill Park Leisure as a Guest Experience Officer prior to moving out in the gym where she is a Personal Trainer and Fitness Instructor.

Dela is currently completing her ASCA (Australian Strength and Conditioning) course to become a strength and conditioning coach. Her goal is to help improve performance in aspiring athletes and those wanting to improve their fitness. She is passionate about empowering members, particularly females to pass on knowledge and to feel confident in the gym as well as enjoy it. She hopes to share with others the passion she has about fitness and the gym, and help everyone achieve their goals no matter how big or small.

In her spare time, Dela likes to strength train in the gym as well as lifting competitively on the amateur stage. She is a massive fan of sport, especially AFL (loves all things Collingwood) as well as the cricket and the F1.



Qualifications

- Bachelor of Exercise and sport Science
- ASCA Level 1 (in progress)

Mill Park
Leisure



City of
Whittlesea