



**Jemma
Cremore**

Personal Trainer

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Areas of expertise

- Functional training
- Increasing cardiovascular fitness
- General well-being
- Strength training

Qualifications

- Bachelor of Sport and Exercise science
- Certificates 3 and 4 in Fitness

Bio

Jemma has always enjoyed competing in sports and maintaining an active lifestyle from a young age, engaging in both athletics and AFLW's. She competed in state championships for hurdles and triple jump between 2009-2015, and has played 8 seasons of football in the midfield. Jemma is very passionate towards team sports as she believes it creates a strong, supportive environment for all involved.

Jemma has thoroughly enjoyed her engagement in the fitness industry. She enjoys working closely with clients and building rapport with a wide range of individuals, and is highly passionate towards helping people to best achieve their goals, both physically and mentally.