



**Peter
Wren**

Personal Trainer

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Areas of expertise

- Traditional strength training
- General fitness
- Mobility training

Qualifications

- Bachelor of Sport and Exercise Science

Bio

Peter is a soon-to-be Sport and Exercise Science graduate who is eager to dive into the industry and work with Mill Park Leisure visitors to help them achieve their fitness and performance goals. He grew up in a small country town before moving down to Melbourne for University. In the gym, Peter enjoys weights training mixed with interval training and boxing. Outside of the gym he enjoys following basketball and cannot wait to watch the 75th NBA season!

Peter's strong passion for exercise prescription and delivery lead to his role as a Gym Instructor and Personal Trainer with Mill Park Leisure. He understands that helping clients achieve their goals is very rewarding, and this is what drives him to work in the health and fitness industry. He strongly enjoys guiding clients through exercises and giving them tips and tricks to get the most out of their workouts. He also believes that working in a positive environment with those who are driven to be physically active is motivating! Feel free to ask Peter any questions or queries about your training.