

KATHRYN HUNTER

PERSONAL TRAINER

As a PT I enjoy nothing more than seeing my clients achieve goals. I love the community a gym provides and the feeling everyone is there to support each other - it plays a huge part in the success of a fitness journey.

I thrive on helping people become the best version of themselves, physically, mentally & emotionally. So if you want a push & someone to be accountable to, I'm here for you.

EXPERIENCE & QUALIFICATIONS

Level 4 & 5 Personal Trainer

REPS Registered

Group Fitness Instructor

Been in the fitness industry since 2020

Hobbies & Interests:

Body Building, watching my children play sports, spending time with family

SPECIALISING IN:

- Personal Training
- Weight Management
- Women's Health
- Group Training
- Weight Training



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