



# Pepie

Pepie believes that there is no 1 form of training that is perfect for everyone. She believes that if you find something you love, you'll stick to it easier. It is her goal to help you find that passion for movement that is closely followed by higher quality of life.

Pepie worked as a kinesiologist at a physiotherapy clinic for 3 years and has experience training people with injuries as a barrier to exercise. She loves working with seniors and people new to the gym. She is also branching out into sport performance and higher level training. For all fitness levels she is a stickler for technique because good foundations from the start lead to better movement and results.

## CREDENTIALS:

- ▶ CSEP Certified Personal Trainer
- ▶

## EDUCATION:

- ▶ Bachelor of Kinesiology
- ▶

## TRAINING LOCATIONS:

- ▶ Kinsmen Sports Centre
- ▶ Terwillegar Community Recreation Centre