

JULZ THOMPSON



Vital Statistics...

Age:
30ish

Qualifications:

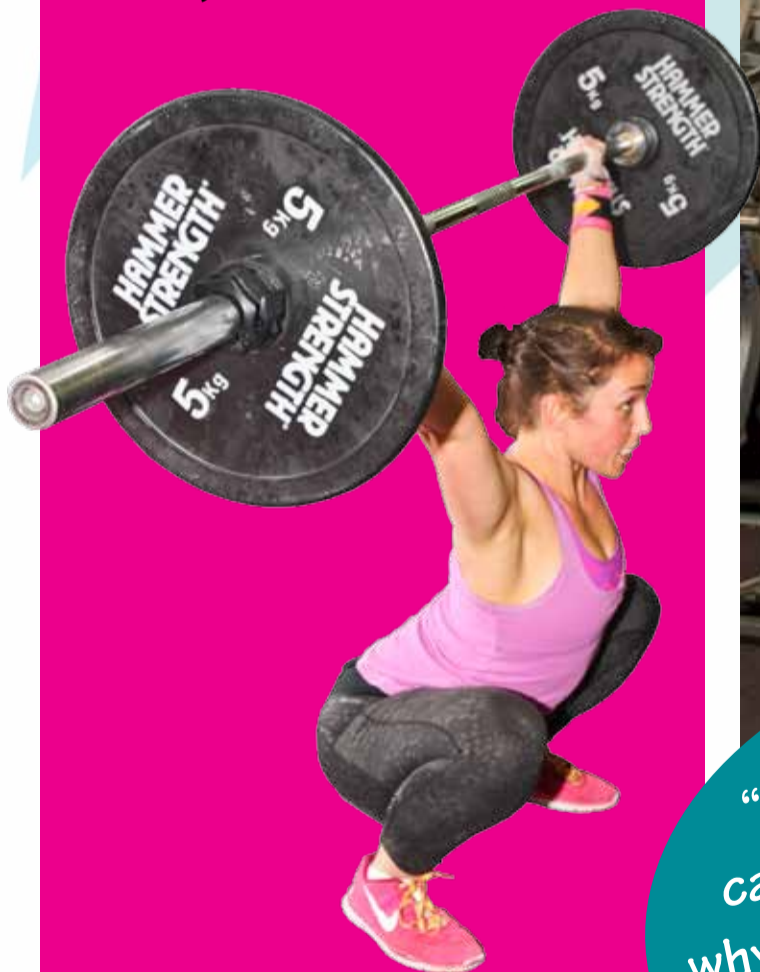
Dip. Sport
Boxerfit, Olympic Weightlifting,
First Aid

Experience:

6 years PT & 40kg lost
Competitive Irish Dance & top
level Gymnastics

Hobbies:

Irish Dance Coaching;
The Gym; St. Johns Volunteer



Specialising in...

- Personal Training
- General Fitness
- Rehabilitation
- Weightloss
- Nutrition advice
- Encouragement

“Why can't you? Why can't you go to the gym, why can't you choose to eat healthy, why can't you be the best you can be?”

“I am my clients' # 1 fan. I refuse to quit on them, I'm bubbly and fun and you'll always see my clients smiling. I want to show people that the gym isn't scary. I want people to reach their goals - sometimes all it takes is a wee push.”

ALPINES
MITRE 10
MEGA
**RANGIORA
FITNESS CENTRE**