



## MEET YOUR TRAINER



**You will get Results...**

### **Jason Dawson**

**Certificate III and IV in Fitness  
Fitness Australia Level 2 Personal Trainer  
Level 1 ASCA Strength and Conditioning Coach  
Advanced Thump Boxing for Fitness Instructor  
Trainer for Children and Older adults  
Gecko Kids Fitness Instructor  
Certified in Nutrition  
Senior First Aid Certified  
Boot Camp Instructor and Self Defense Instructor  
Former NSW Police SWAT and Firearms Instructor**

Personal Training - an investment that will last you a lifetime

As a former NSW Police Tactical Team Instructor I know how to motivate. Over the years I have learnt that everyone is different and that means a personalized approach to your fitness goals. If you are serious about achieving results then talk to me today to arrange your free consultation to set you on the path to a fitter and happier you.



Let's get started  
**(03) 5728-2200**

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