



## MEET YOUR TRAINER



# Realise your potential...

## Pete Quon

**Certificate III and IV in Fitness**  
**Fitness Australia Level 2 Personal Trainer**  
**Athletics Australia Accredited Running Coach**  
**Pilates mat and reformer certified**  
**First Aid Certified**

Personal Training—Motivating and effective

Over 10 years as a qualified personal trainer has led me to understand that people have different reasons for exercising and different goals, one might want to do a triathlon whilst another simply wants to keep up with the kids. I want to really understand what you're trying to achieve and then maximize your time and effort with effective training practices in a motivating and approachable environment. I believe in sustainable exercise and health practices and the value of a balanced lifestyle. From weight loss to muscle building, athletic performance and injury prevention and rehab, make an appointment for a free no-obligation consultation to make sure that I am the right match for you.



Let's get started

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