



Corey

Personal Trainer

Areas of expertise

General Health and Fitness

Strength Training

Weight Training/Muscle Gain

Functional Mobility

Sport Specific Training (Basketball)

About me

I've been passionate about basketball for 13 years, including 5 years as a coach, where I developed a love for guiding others. My journey into the gym began after undergoing knee surgeries, which sparked my interest in strength training and muscle building. This experience helped me discover the benefits of improving overall health and fitness.

I've also spent time at a boxing club, where I honed my cardio fitness and embraced the discipline of boxing training. Now, I'm dedicated to helping others achieve their fitness goals and lead healthier lives.



Qualifications

- Cert 3 and 4 in fitness
- Level 1 basketball coach through Basketball Victoria
- Level 1 Functional mobility training

Mill Park
Leisure



City of
Whittlesea